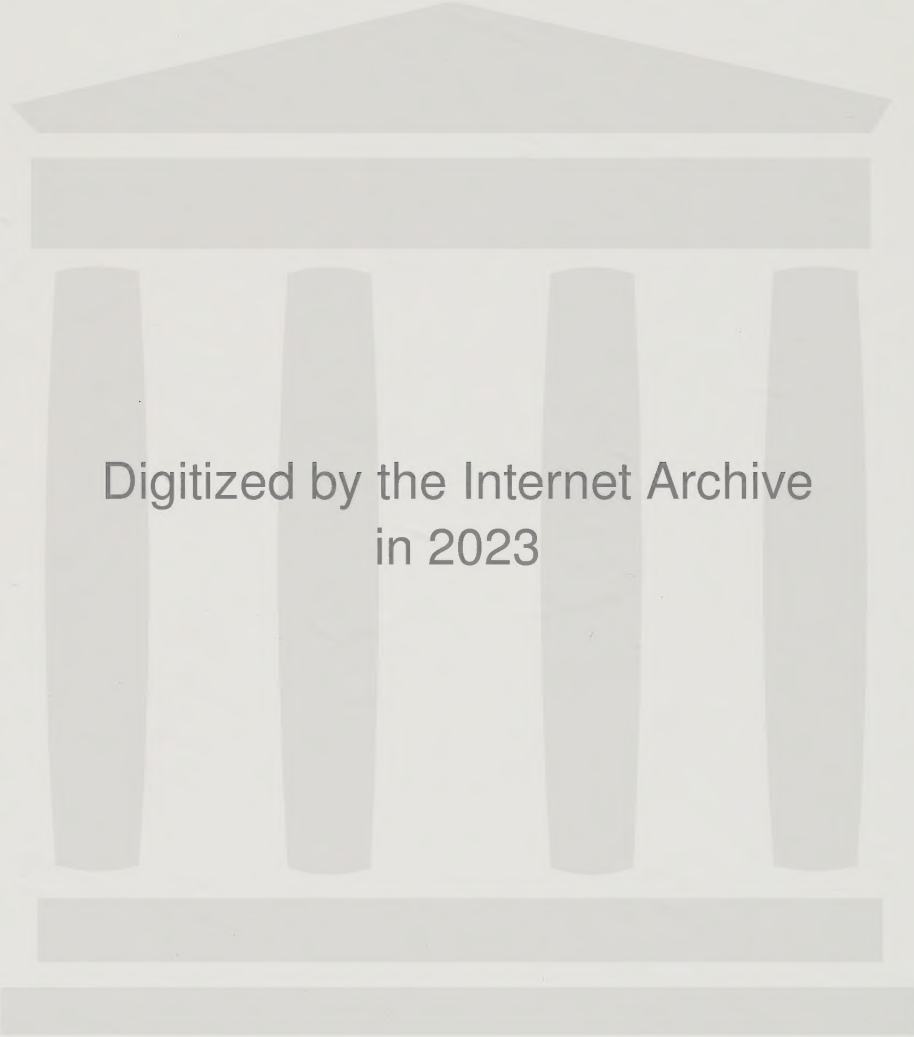




TEN MINUTES' EXERCISE FOR BUSY MEN: A
COMPLETE COURSE IN PHYSICAL EDUCATION :
FIVE SEPARATE COURSES, FREE WORK, CHEST
WEIGHTS, DUMB BELLS, WANDS, INDIAN CLUBS

LUTHER HALSEY GULICK



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Ten Minutes' Exercise For Busy
Men: A Complete Course In
Physical Education : Five
Separate Courses, Free Work,
Chest Weights, Dumb Bells,
Wands, Indian Clubs

Luther Halsey Gulick

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No. 129.—*Water Polo*. By Gus Sundstrom, the veteran instructor of the New York Athletic Club. Water polo has taken a very strong hold in America during the past few years. This book is the most practical ever published on the game.

No. 135.—*Official Handbook of the A. A. U. of the United States*. The A. A. U. is the governing body of athletics in the United States and all games must be held under its rules which are exclusively published in this book.

No. 136.—*Official Y. M. C. A. Handbook*. Edited by G. T. Hepbron, the well-known athletic authority. Contains official Y. M. C. A. athletic rules, official records and scoring tables pentathlon rules and many photos.

No. 138.—*Croquet Guide*. By reading this book anyone can become a good player.

No. 140.—*Wrestling*. Catch as catch can style. Illustrated. All the different holds. Anybody can, with little effort, learn every one of them.

No. 141.—*Basket Ball for Women*. Edited by Miss Senda Berenson of Smith College. It contains very valuable information for players and spectators, special articles and the official rules.

Numbers omitted on above list have been renumbered and brought up to date.

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Inside page of back cover for continuation of list



LUTHER GULICK, M. D.

Ten Minutes' Exercise for Busy Men

A COMPLETE COURSE IN PHYSICAL EDUCATION

FIVE SEPARATE COURSES

FREE WORK
CHEST WEIGHTS
DUMB BELLS
WANDS
INDIAN CLUBS

LUTHER GULICK, M. D.
Pratt Institute

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EXPLANATION.

Some years ago I issued a small illustrated leaflet entitled "Ten Minutes' Exercise for Busy Men." These exercises were aimed to secure health, not at any particular form of muscular development or skill. They aimed to affect a man in his most important parts, that is, his digestion, his circulation and his respiration.

If a man gets plenty of good food, and his digestive apparatus works it up into good rich blood ; if the heart is strong and regular so that this good blood goes to all parts of the body with vigor and regularity, and if the respiratory and excretory apparatus is in such good order that this blood is kept pure, the fundamental conditions of health are laid.

It is not so important to have big muscles as it is to have good digestion ; it is not so important to have powerful muscles as it is

to have a strong, regular heart ; it is not so important to have great skill with one's muscles as to have good lungs and kidneys.

These exercises, entitled "Ten Minutes' Exercise for Busy Men," aimed at health. The experience of years has demonstrated the efficiency of these exercises in securing the ends for which they were devised. Many letters have been written by men, testifying to the great benefit which they have secured from these few minutes of simple but vigorous work.

Since the publication of this leaflet the correspondence schools of physical training have come into great activity. Their general aim is to build up big muscles. A somewhat careful investigation of them satisfies me that they are inferior to the exercises in this drill for purposes of building up vigor and manliness.

One of the most vigorous claims of some of these schools, namely, that the heart particularly is benefited by their work, is false, for I have had case after case of men whose hearts have been injured by taking the correspondence schools' work when they were not in condition for it.

The exercises in this pamphlet are recommended with the confidence of long, successful use. The results secured are better than those possible from the correspondence school work, in the specific directions mentioned. There has been an expressed desire for added variety ; accordingly my associate, Mr. Hepbron, has prepared similar exercises to be taken with simple apparatus—wands, dumb-bells, chest-weights and Indian clubs—and I hope that equally good results will be secured from these additional drills.

LUTHER GULICK, M. D.

PRATT INSTITUTE, BROOKLYN, N. Y.

TEN MINUTES' EXERCISE FOR
BUSY MEN

FREE WORK



No. 1.

TO BE TAKEN ON RISING

Jump out of bed ; strip. If the floor is cold, put on a pair of thick, warm stockings.

ARM CIRCLES—TEN TIMES

Fill your lungs before each exercise ; arms at side on level with shoulders ; describe a circle one foot in diameter with the arms while they are in this position ; ten circles in five seconds.

Rest a second ; repeat exercise ; rest ; repeat ; keep on until you have repeated five times.

Put lots of snap into your work ; breathe deep five seconds. Take in all the air you can ; let out all the air you can.



No. 2.

STATIONARY RUN

At the rate of fifteen steps in five seconds.

One minute. Breathe deep ten seconds.



No. 3.

TWISTER

Ten times each way, thirty seconds.

Keep your feet together. Don't bend your knees; bend your waist; don't be afraid, it won't break.

Get way down on each side.

Breathe deep five seconds.



No. 4.

KNEADER

Thirty times, thirty seconds.

First one leg, and then the other ; squeeze hard ; work fast. The bigger your abdomen, the more you need this.

Breathe deep five seconds.



No. 5.

BENDER

Thirty times, thirty seconds.

Go way down ; come up straight.

Breathe deep five seconds.



No 6

STATIONARY RUN

One and a half to three minutes.

Begin and end slow.

Run fast in the middle of the time.

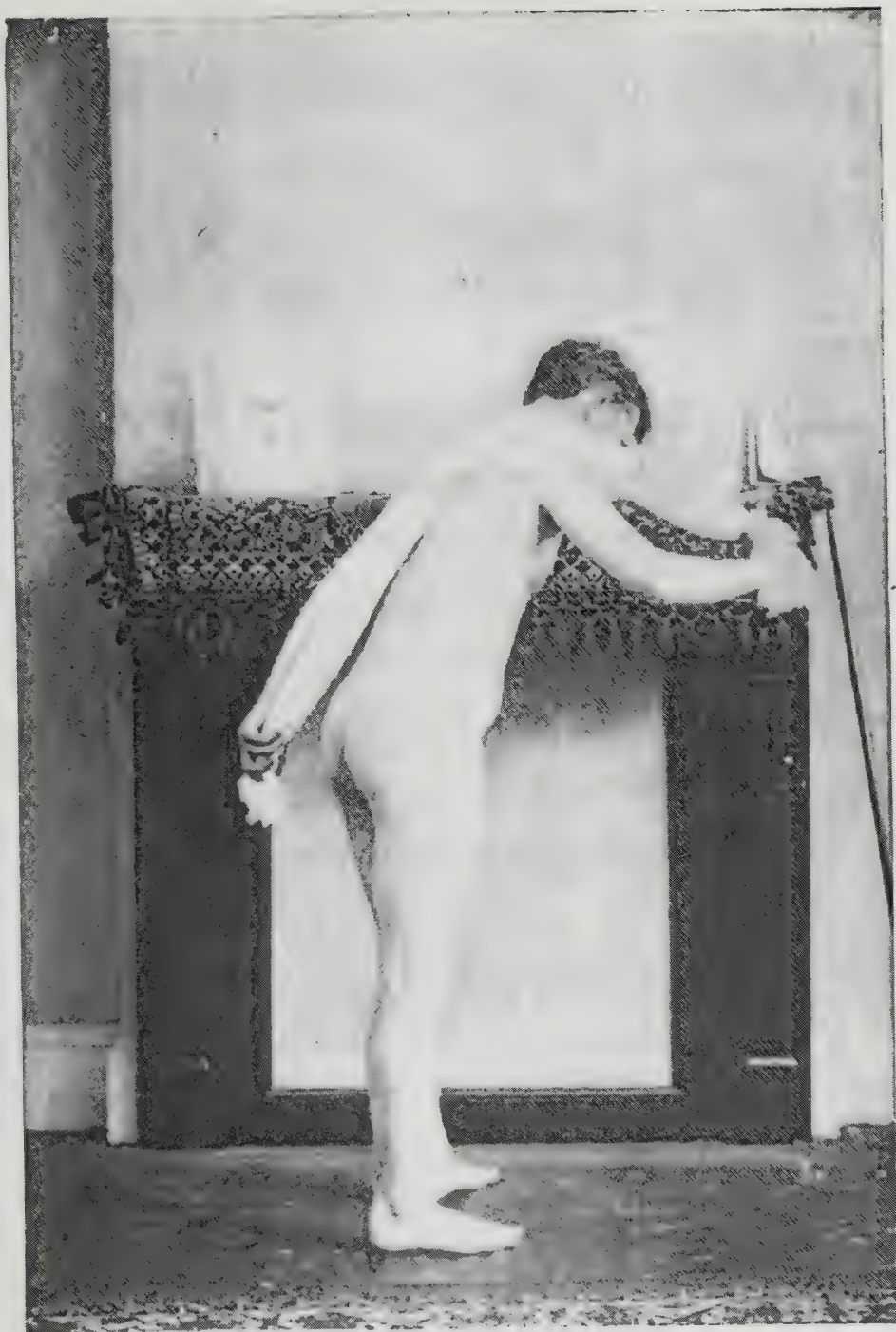
Lift your feet high ; if constipated, run with your knees up in front at every step.



No. 7.

Take off your stockings; wring out a towel in cold water; rub all over; take your Turkish towel by both ends, and rub hard. If you are chilly afterwards, the water was too cold; the cooler it is, the better, if you are warm afterwards.

Get dressed, and go to breakfast. If you can take twice this exercise, it will be better. Commence gradually; use long rests and few movements at first. If you don't you will be lame. You can easily prove this.



No. 8.

Take this same exercise just before going to bed, only don't hurry.

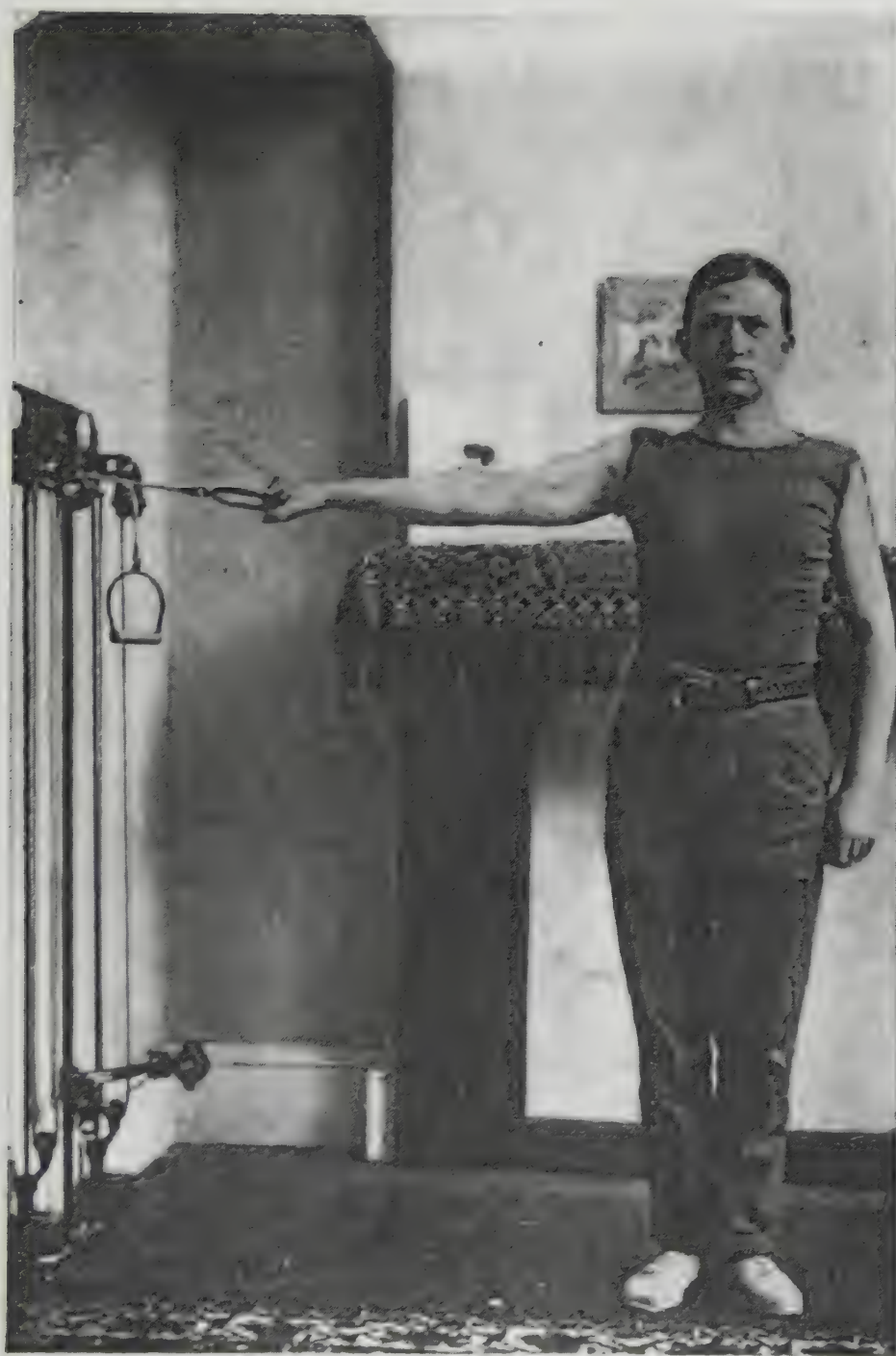
If it keeps you awake, take it only in the morning. Exercise every day. If you don't, you cannot say that *it* is a failure, *you* are the failure.

Keep it up while traveling.

1.	Arm Circles,	30 seconds.
	Breathe deep,	5 "
2.	Run,	1 minute.
	Breathe,	10 seconds.
3.	Twister,	30 "
	Breathe,	5 "
4.	Kneader,	30 "
	Breathe,	5 "
5.	Back Bender,	30 "
	Breathe,	5 "
6.	Run, 1 minute	30 "
	Breathe,	10 "
7.	Bathe, 4 minutes	50 "
Total,		<hr/> 10 minutes.

TEN MINUTES' EXERCISE FOR
BUSY MEN

CHEST WEIGHT DRILL



No. 1

Right side to machine ; carry arm down to front of body.

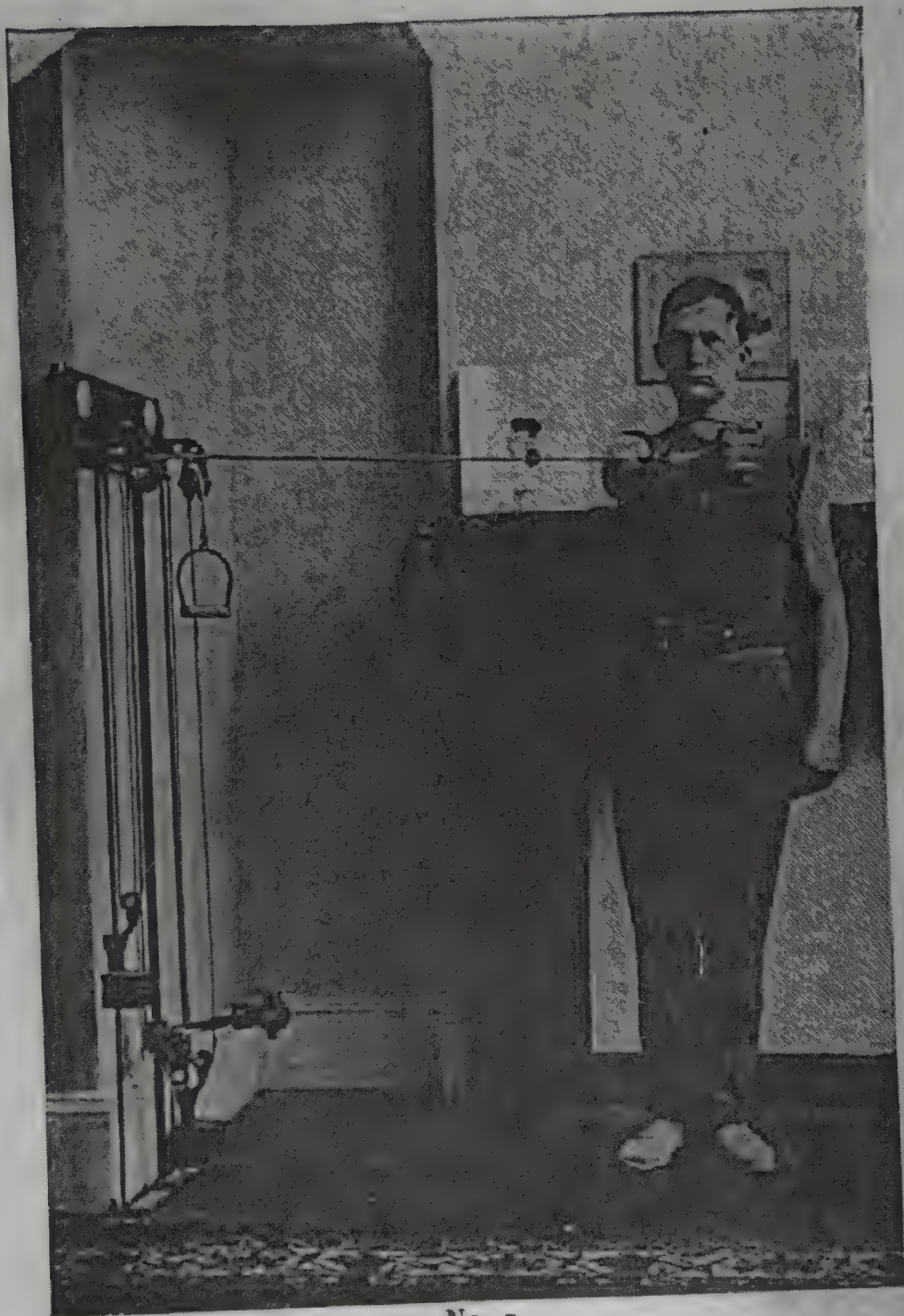
Keep arm rigid.

Repeat ten times.

Same, with left side to machine, using left arm in same manner.

Repeat ten times.

Exercises chest muscles.



No. 2.

Position : Same as shown in No. 1.

Carry arm, on level with shoulder, to front of body and return to position.

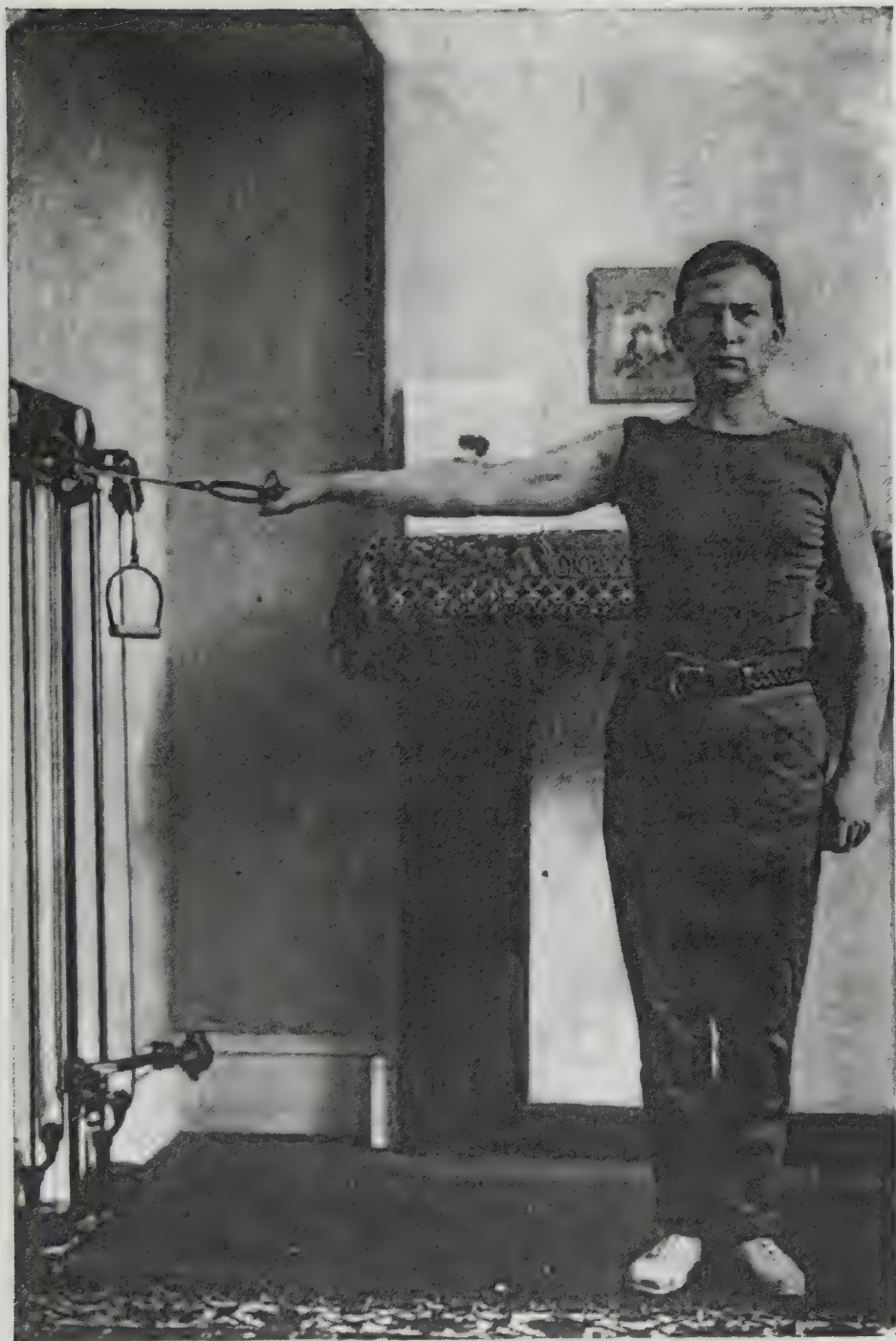
Keep arm rigid.

Repeat ten times.

Same, with left side to machine, with left arm.

Repeat ten times.

Exercises arm and shoulder muscles.



No. 3.

Position : Same as No. 1.

Carry right hand to overhead, the arm touching the right ear ; return to position.

Keep arm rigid.

Repeat ten times.

Same, with left side to machine ; left hand over head ; left arm touching left ear.

Keep arm rigid.

Repeat ten times.

Exercises side and shoulder.



No. 4.

Position : As shown ; left side to machine.

Carry arm to right side of body, shoulder high and straight ; return to position.

Repeat ten times.

Same with right side to machine and right arm.

Repeat ten times.

Exercises shoulder, arm and upper waist.



No. 5.

Position : Left side to machine ; handle in right hand, as shown.

Carry arm down to level of shoulder and return.

Keep arm rigid.

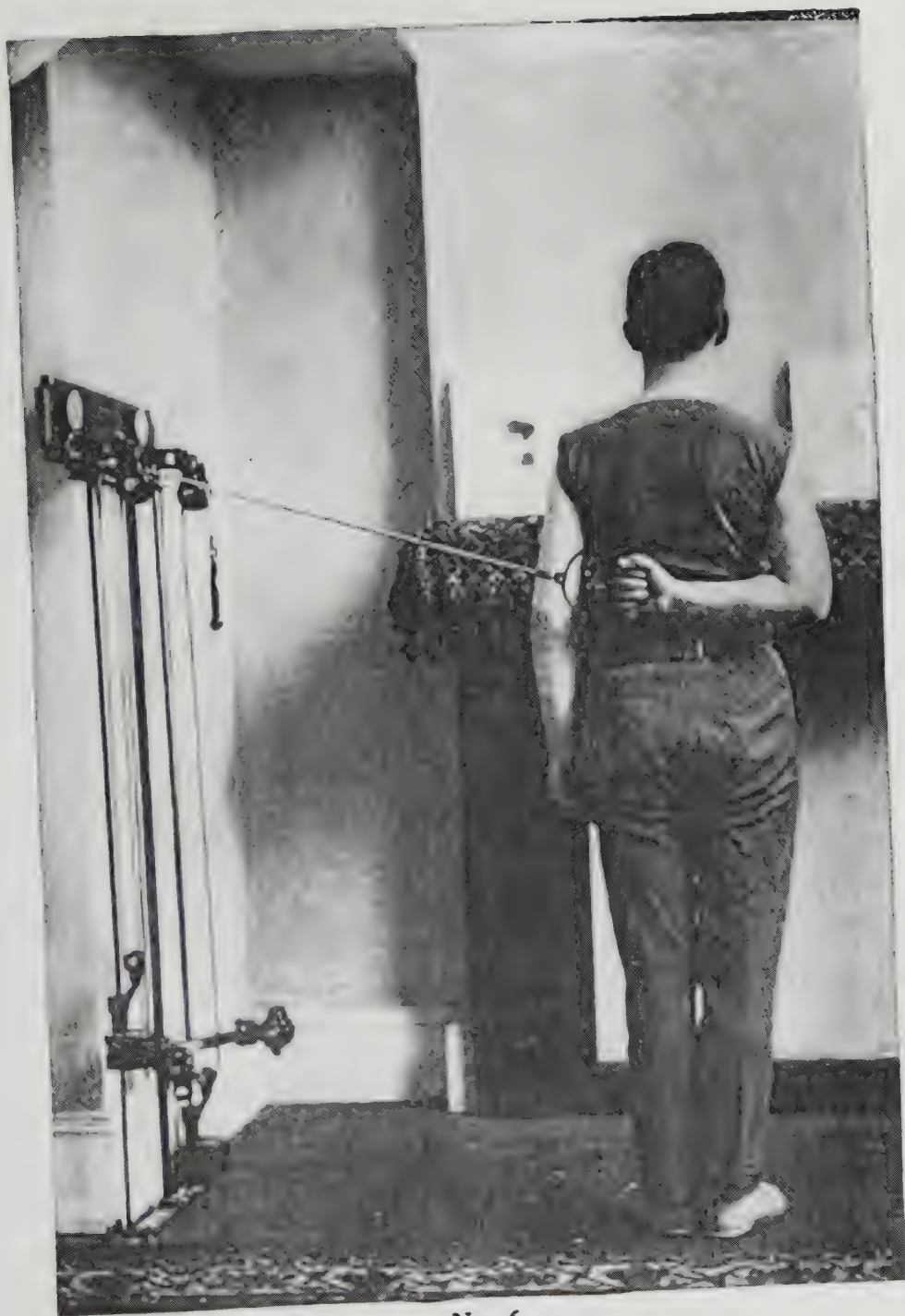
Allow rope to go back of body.

Repeat ten times.

Same with right side to machine ; handle in left hand.

Repeat ten times.

Exercises side, chest and arm.



No. 6.

Position : Left side to machine, handle in right hand, as shown.

Carry arm to right side up to level of shoulder and return.

Repeat ten times.

Same, with right side to machine, handle in left hand.

Repeat ten times.

Exercises the back, arm and shoulder.



No. 7.

Position: Face to machine, as shown.

Carry arms down past sides to six inches back of hips and return to position.

Keep arms rigid.

Repeat ten times.

Exercises the upper arm, back and waist.



No. 8.

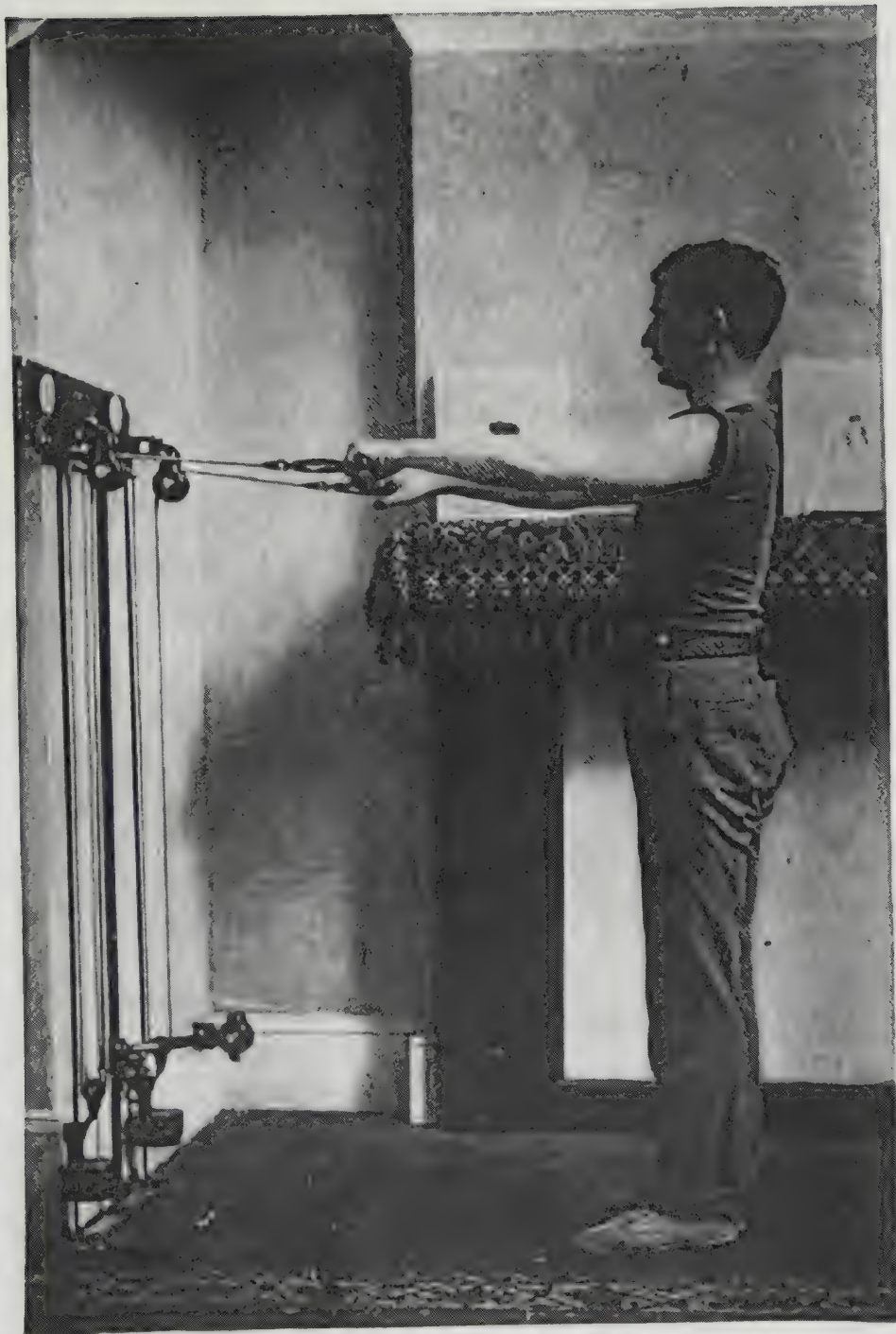
Position : Same as No. 7.

Carry arms to side, keeping them level with shoulders and return.

Keep arms rigid.

Repeat ten times.

Exercises upper arm and back.



No. 9.

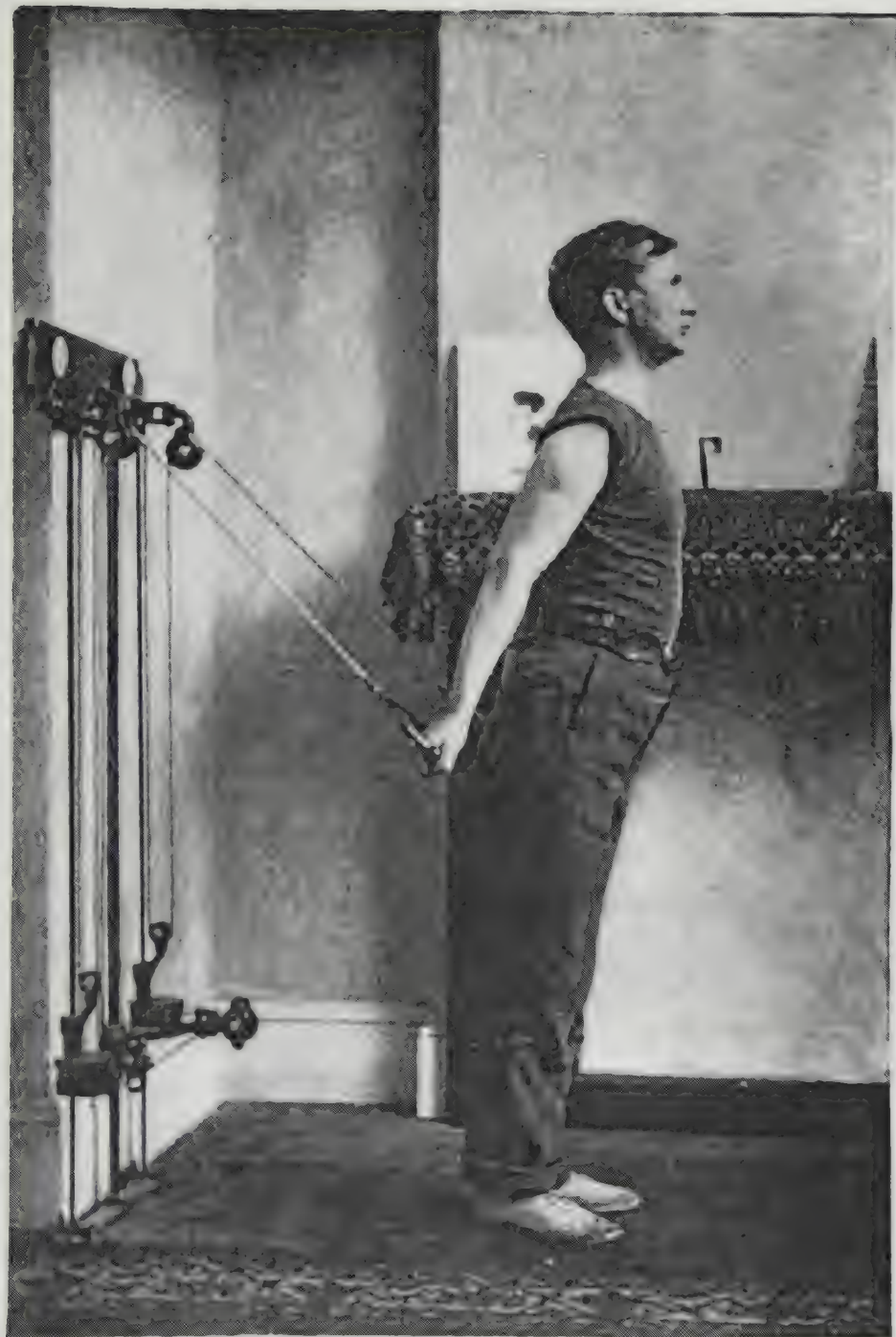
Position : Same as No. 7.

Carry arms to overhead and return.

Keep arms rigid.

Repeat ten times.

Exercises upper back and arms.



No. 10.

Position : Back to machine, as shown.

Carry arms up in front to level of shoulders, allowing ropes to follow outside of arms.

Return to position.

Keep arms rigid.

Repeat ten times.

Exercises the chest muscles, arms and shoulders.



No. II.

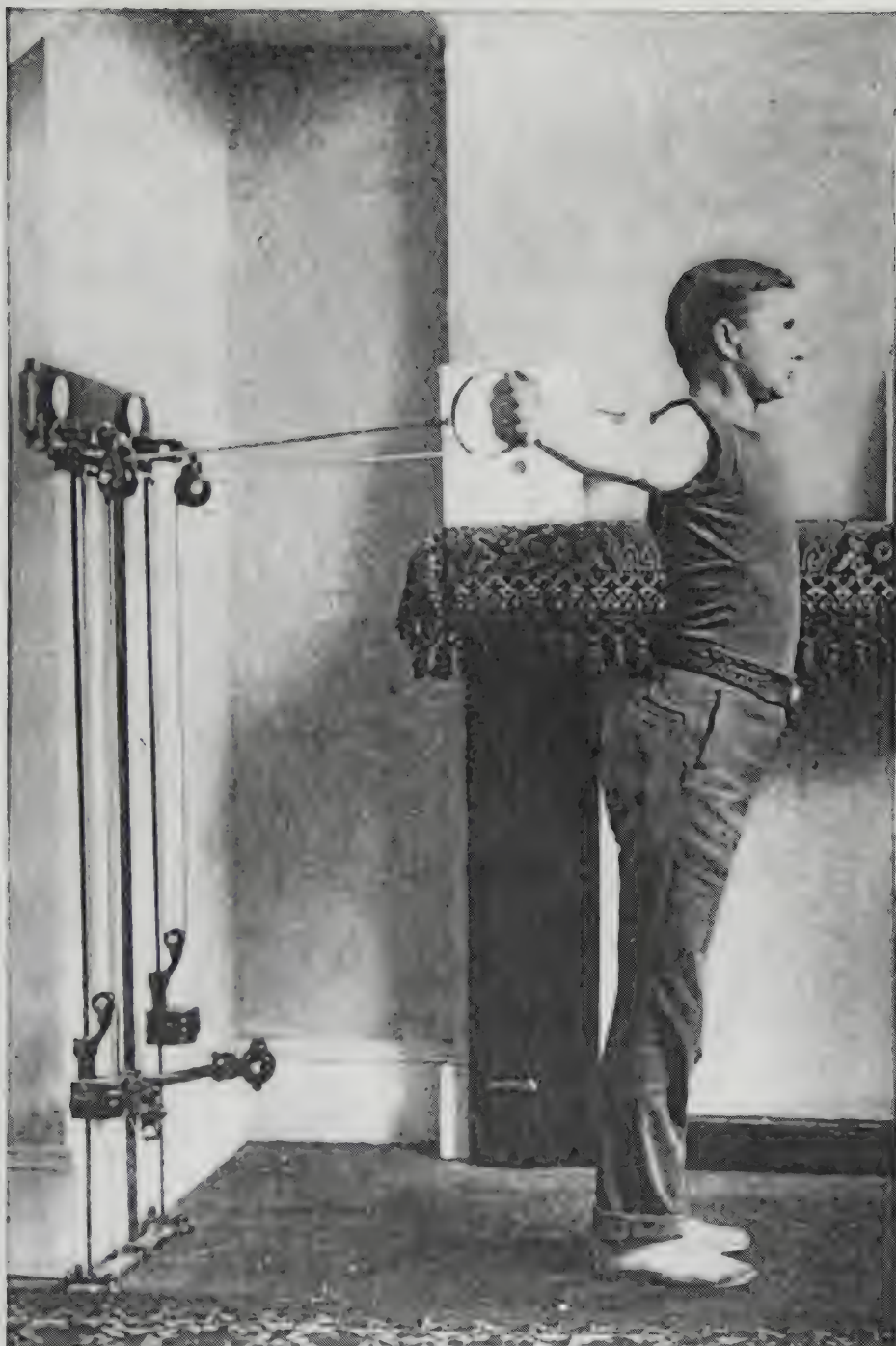
Position : Back to the machine, as shown.

Carry arms overhead and return.

Keep arms rigid

Repeat ten times.

Exercises abdomen, chest and arms.



No. 12.

Position : Back to machine, as shown.

Carry to front, level with shoulders, and return.

Keep arms rigid.

Repeat ten times.

Exercises chest muscles, arms and shoulders.



No. 13.

Position: Face to machine, as in No. 7.

Carry arms to position, as shown, and alternate right overhead and left at side with left overhead and right at side, moving both arms simultaneously.

Repeat ten times.

Exercises the arms, back and shoulders.



No. 14.

Position: Back to machine, arms down at side.

Carry arm to position, as shown, and alternate right overhead and left at side with left overhead and right at side, moving both arms simultaneously.

Repeat ten times.

Exercises arms, back, shoulders and chest.



No. 15.

Position: Same as No. 7.

Carry right hand to chin and left arm down, as shown; alternate, left hand to chin and right arm down.

Repeat ten times.

Exercises upper arms, part of shoulders.



No. 16.

Position : Same as No. 7.

Carry arms down past side to six inches in the rear, as shown ; return to position.

Keep arms rigid.

Repeat ten times.

Exercises arms, shoulders and sides.



No. 17.

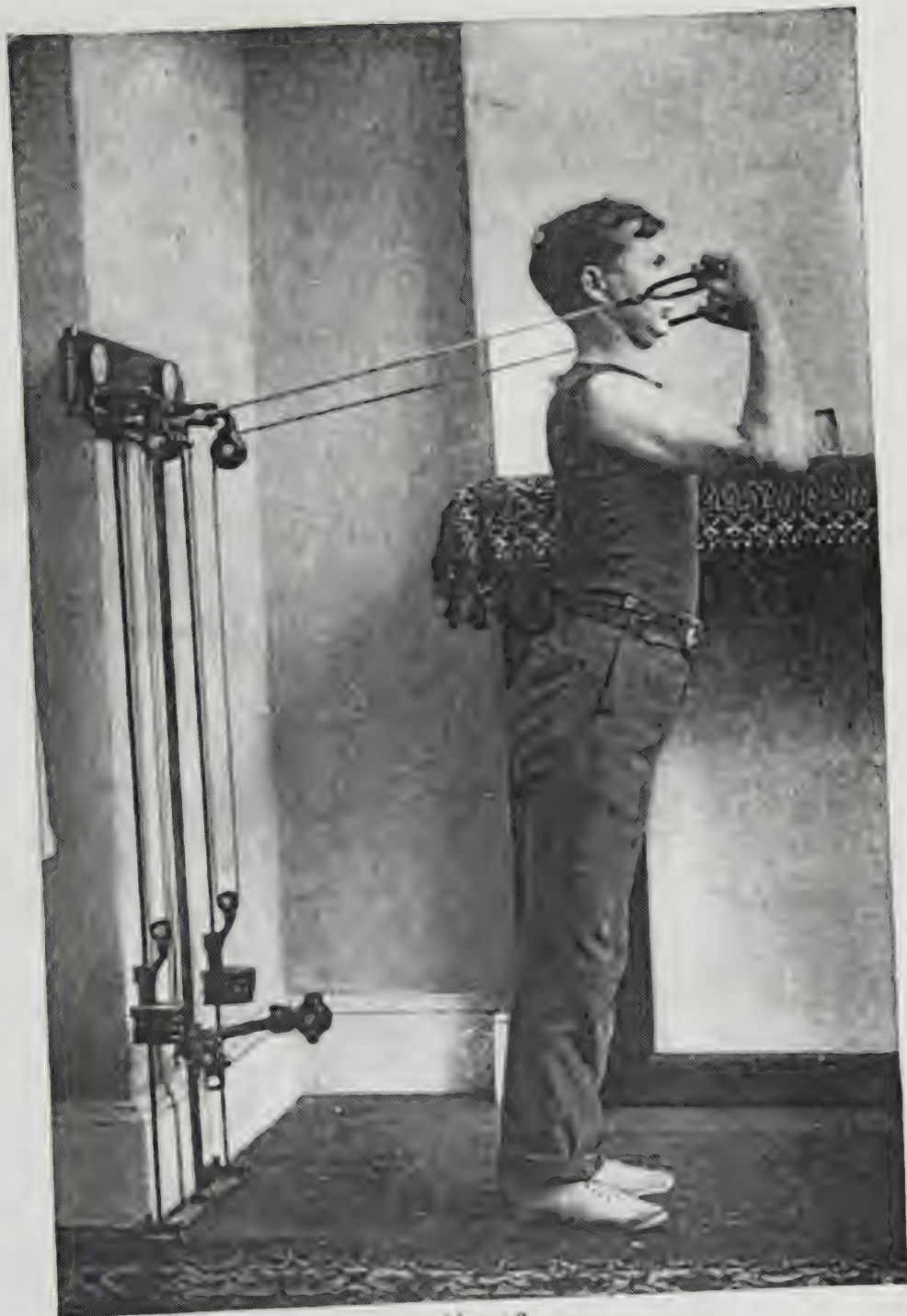
Position: Same as No. 7.

Carry arms to overhead, then down past sides, and return.

Keep arms rigid.

Repeat ten times.

Exercises upper back, forearms and shoulders.



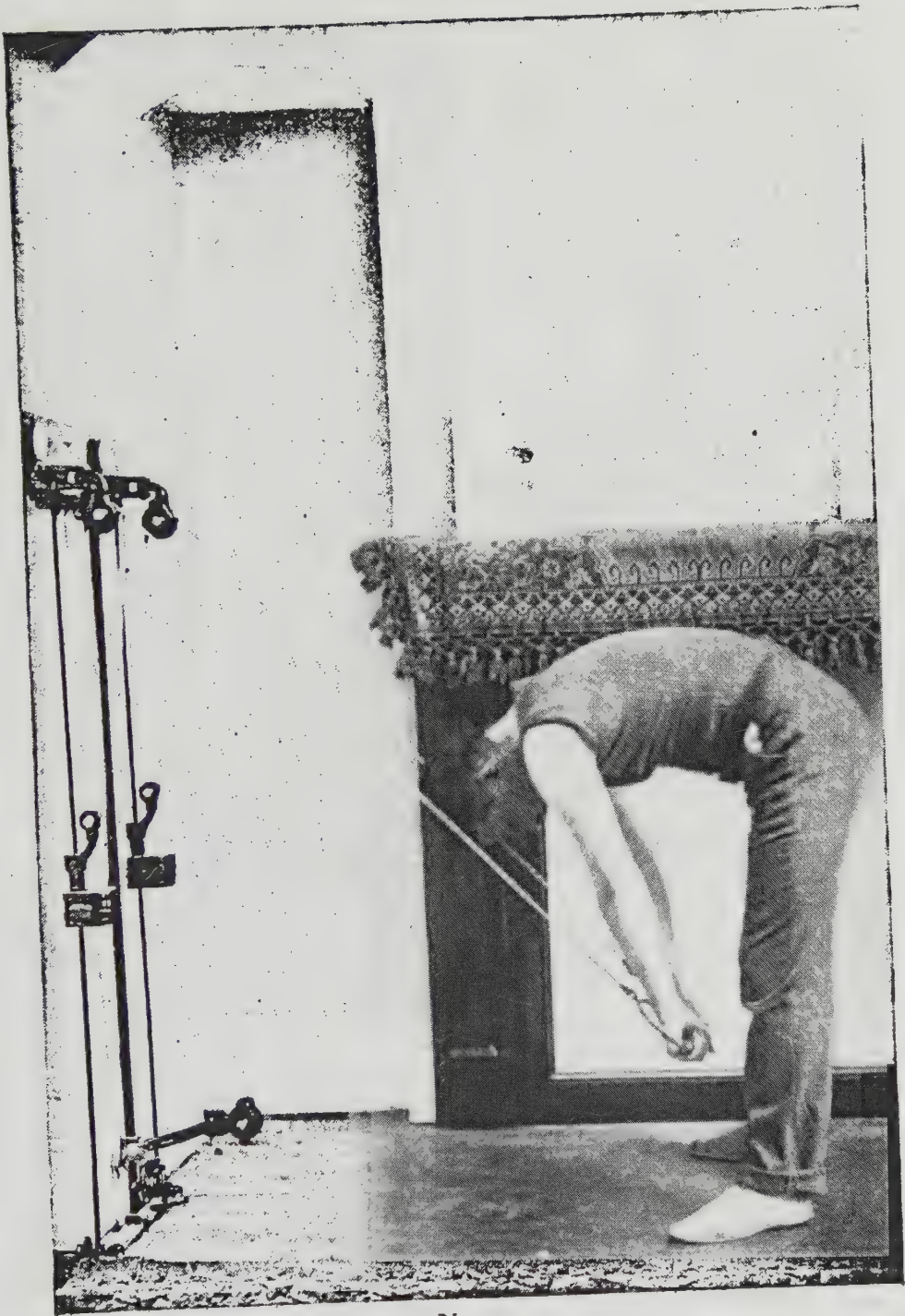
No. 18.

Position: Same as in No. 10.

Carry arms past hips to front and flex arms until hands nearly touch face, as shown; return to position.

Repeat ten times.

Exercises front upper arms, forearms and front shoulders.



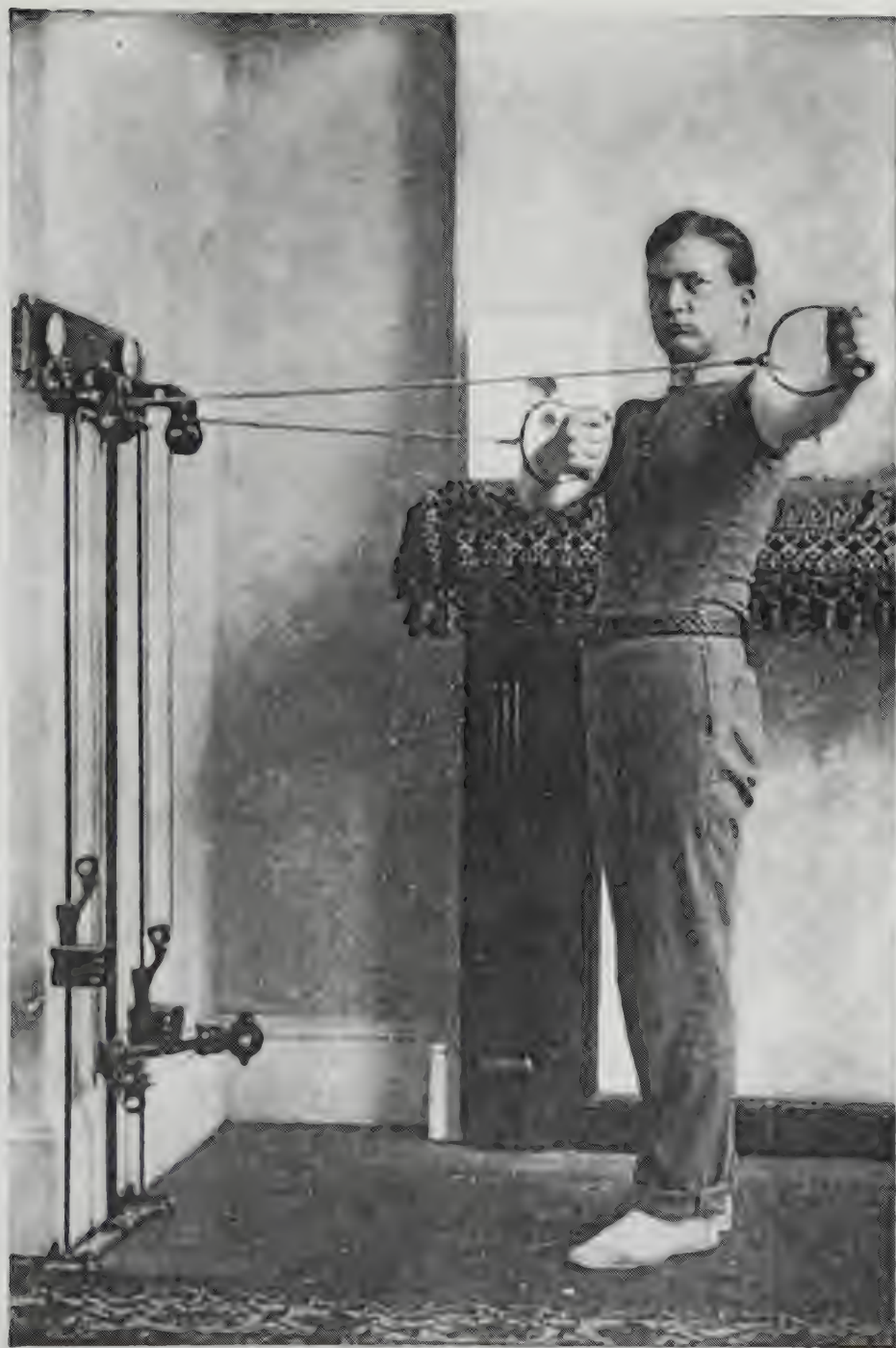
No. 19.

Position: As shown

Carry arms to overhead, raising body simultaneously; return to position.

Repeat ten times.

Exercises abdomen, chest and sides.



No. 30.

Position : As shown in No. 7.

Carry arms to left and right, twisting the body simultaneously.

Repeat ten times.

Exercises arms and waist.



No. 21.

Position: As shown, using the lower pulley adjustment.

Carry arms overhead, raise body, and bend slightly backward ; return to position.

Repeat ten times.

Exercises back of legs, shoulders and abdomen.



No. 22.

Position: As shown, right side to machine.

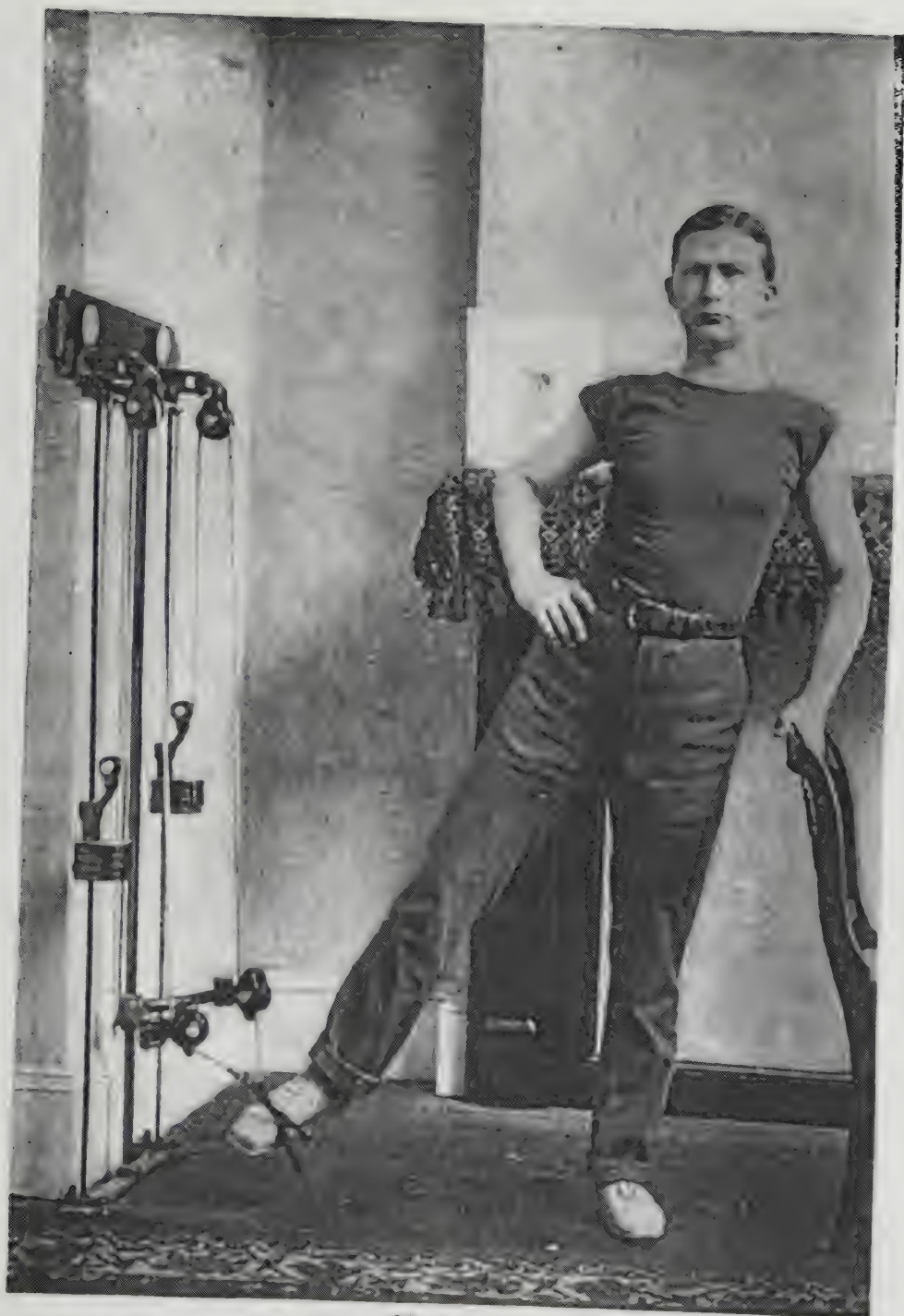
Extend arm straight up and return to position.

Repeat ten times.

Same with left arm, left side to machine.

Repeat ten times.

Exercises arm and shoulder.



No. 23.

Position: As shown, right side to machine.

Carry leg across the front of other leg;
return to position.

Keep leg rigid.

Repeat ten times.

Same, with left side to machine, with left
leg.

Repeat ten times.

Exercises inner part of leg.



No. 24.

Position: As shown, face to machine.

Carry right leg back, with only slight forward bend of body ; return to position.

Repeat ten times.

Same with left leg.

Repeat ten times.

Exercises leg and hip muscles.



No. 25.

Position: As shown.

Carry right foot forward and return to position.

Repeat ten times.

Same with left foot.

Repeat ten times.

Exercises leg and hip muscles.



No. 26.

Position: Hands at sides.

Carry arms up over head in front to position, as shown, and return.

Repeat ten times.

Exercises front chest, shoulders and arms.



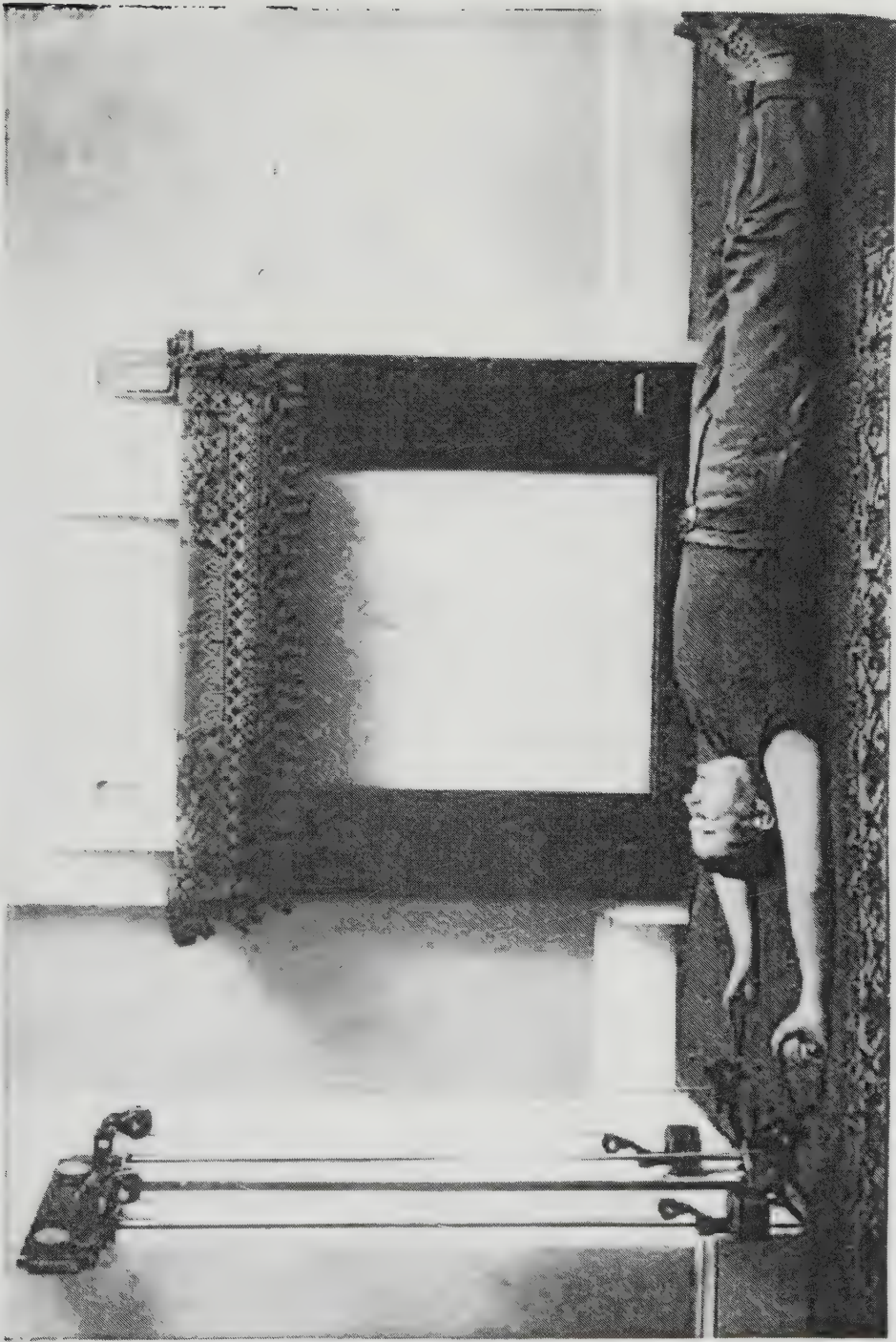
No. 27.

Position : Hands at side.

Carry arms up at sides to overhead, in manner shown ; touch backs of hands overhead.

Repeat ten times.

Exercises arms, side chest and shoulders.



No. 28.

Position : As shown.

Carry arms up and over body to side of body on floor ; return to position. Inhale as arms go over head.

Repeat ten times.

Exercises and deepens front chest.



No. 29.

Position : As shown.

Raise both legs to a right angle, return to position.

Repeat ten times.

Exercises legs and abdomen.

TEN MINUTES' EXERCISE FOR
BUSY MEN

DUMB BELL DRILL

1



Nos. 1, 2, 3.

(The above cut applies to the three exercises given on opposite page.)

Position : Bells down at side, as shown.

Raise bells forward to level of shoulders, palms down ; return to position.

Repeat ten times.

Exercises arms and shoulders.

Position : As shown.

Raise bells forward to overhead ; return to position.

Repeat ten times.

Exercises arms, shoulders and chest.

Position : As shown.

Raise bells to side level with shoulders ; return to position.

Repeat ten times.

Exercises shoulders and arms.



No. 4.

Position : Bells down at side.

Raise bells forward to level of shoulders,
and simultaneously forward step with left
foot ; return to position.

Repeat ten times.

Same with forward step of right leg.

Repeat ten times.

Same, alternating the feet.

Repeat ten times.

Exercises arms and legs.



No. 5.

Position : Bells down at side.

Raise bells forward to overhead, and simultaneously forward step with right foot, right knee bent, as shown ; throw the weight on right leg ; return to position.

Repeat ten times.

Same, with left leg.

Repeat ten times.

Same, alternating the feet.

Repeat ten times.

Exercises arm, legs, and deepens chest.



No. 6.

Position : Bells down at side.

Raise bells at side to overhead, and simultaneously oblique step with left foot ; return to position.

Repeat ten times.

Same, with right foot.

Repeat ten times.

Same, alternating the feet.

Repeat ten times.

Exercises arms, legs, and deepens chest.



No. 7.

Position : Bells down at side.

Raise bells at side to overhead, back of hands touching, simultaneously back-step with right foot ; return to position.

Repeat ten times.

Same, with left foot.

Repeat ten times.

Same, alternating the feet.

Repeat ten times.

Exercises arms, legs, and broadens chest.



No. 8.

Position: Bells down at side, feet eighteen inches apart.

Swing bells forward, then down past sides to rear, simultaneously bending forward; return to position.

Repeat ten times.

Exercises arms, back of legs, and tends to reduce size of abdomen.



No. 9.

Position: Bells down at side, feet together.

Raise bells at side to overhead, backs of hands touching, and simultaneously jump, spreading feet apart (sidewise) about twenty inches; return to position by jumping feet together.

Repeat ten times.

Same, spreading feet front and rear.

Repeat ten times.

Exercises arms, shoulders, legs and chest.



No. 10.

Position : Bells down at side.

Raise arms to side level with shoulders, as shown, and simultaneously forward bend, retaining position of arms ; return to position.

Repeat ten times.

Exercises shoulders, arms, back, legs, and tends to reduce size of abdomen.



No. 11.

Position: Bells down at side.

Swing bells forward to overhead, bend body, and swing bells between legs; return to position.

Repeat ten times.

Exercises back of legs, arms, back, chest and abdomen, the latter strongly.



No. 12.

Position: Bells down at side.

Raise bells forward to overhead, as shown, jump the feet apart, bend body, and touch bells to floor ; return to position.

Repeat ten times.

Exercises arms, shoulders and chest, back and abdomen.



No. 13.

Position : Both bells on chest, as shown, feet eighteen inches apart.

From this position thrust bells to overhead, back of hands together at top, allowing the eyes to follow direction of bells; return to position.

Repeat ten times.

Exercises arms, neck and chest.



No. 14.

Position: Bells back of head, as shown.

Move head forward and backward ; as the head goes back, pull forward with hands to offer resistance.

Repeat ten times.

Exercises neck and back muscles, assists one to maintain erect carriage.



No. 15.

Position : As shown.

Carry back on level with shoulders as far as possible, try to make shoulder blades touch ; return to position.

Repeat ten times.

Exercises shoulders, arms, back of neck. Corrects round shoulders and assists in maintaining erect carriage.



No. 16.

Position: Bells down at side, feet eighteen inches apart.

Squat to position shown, keep body erect ; return to position.

Repeat ten times.

Exercises leg muscles, also those active in maintaining erect carriage.



No. 17.

Position : Bells down at side.

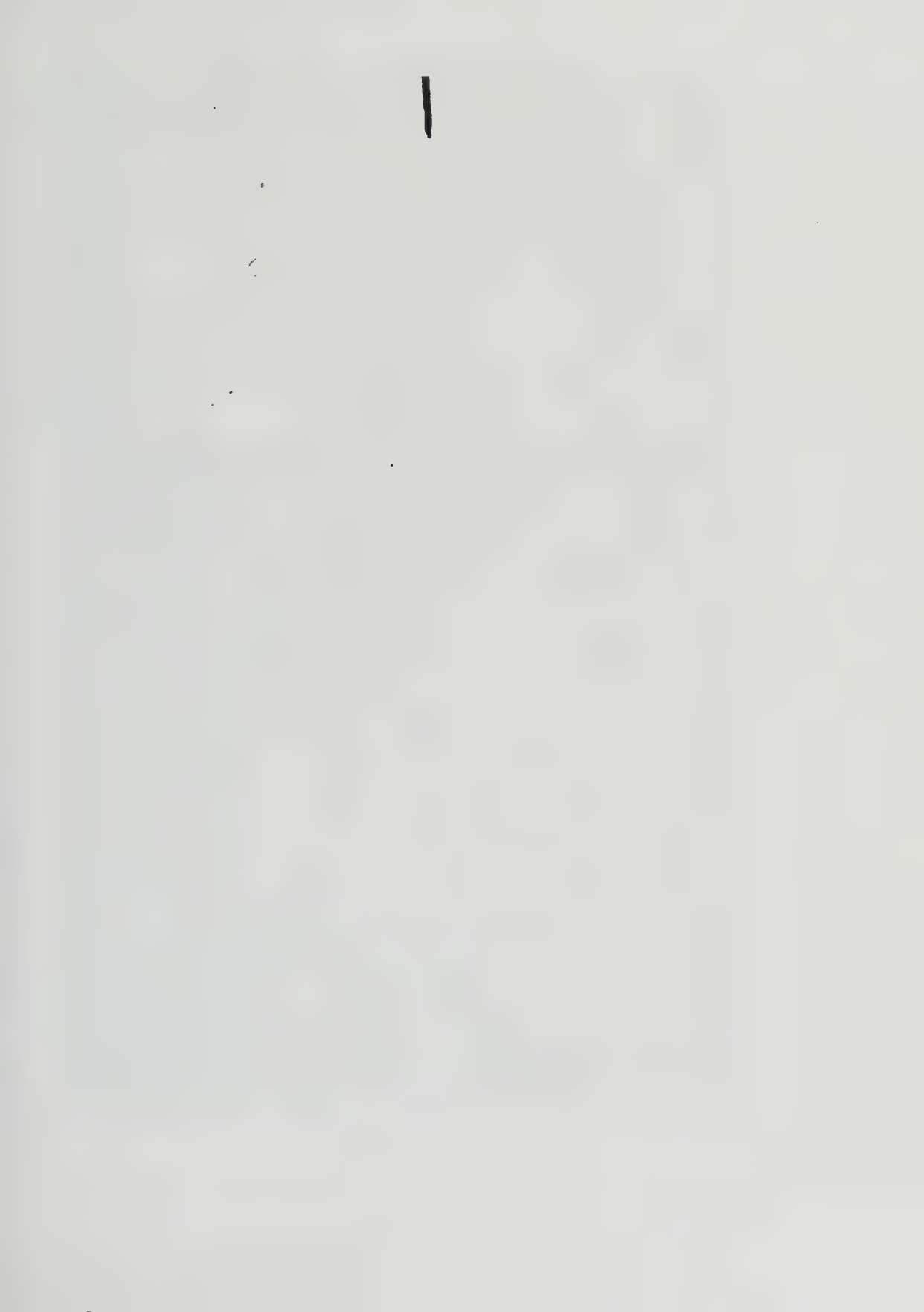
Raise at side to overhead, as shown, backs of hands together, stretch body to full length, rising on toes at end of stretch ; return to position.

Repeat ten times.

Same, raising arms forward overhead.

Repeat ten times.

Exercises legs, waist, chest and arms.



TEN MINUTES' EXERCISE FOR
BUSY MEN

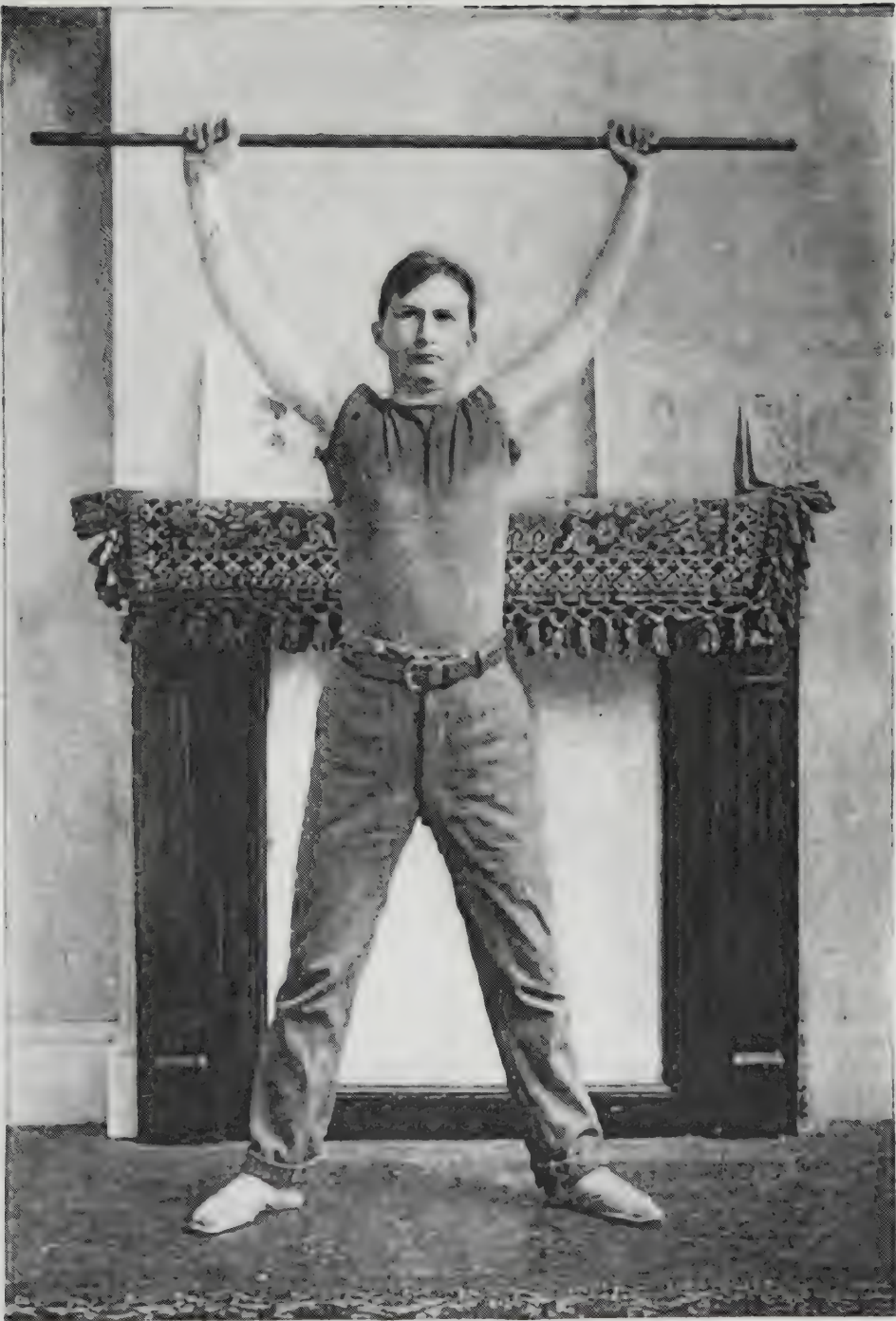
WAND EXERCISES



No. 1.

Position: Unless otherwise stated, this attitude will be understood as "Position" throughout the wand exercises.

Notice the feet are about eighteen inches apart.



No. 2.

Position : Same as No. 1.

Swing wand to overhead as shown; return to position.

Repeat ten times.

Exercises arms, shoulders and chest.



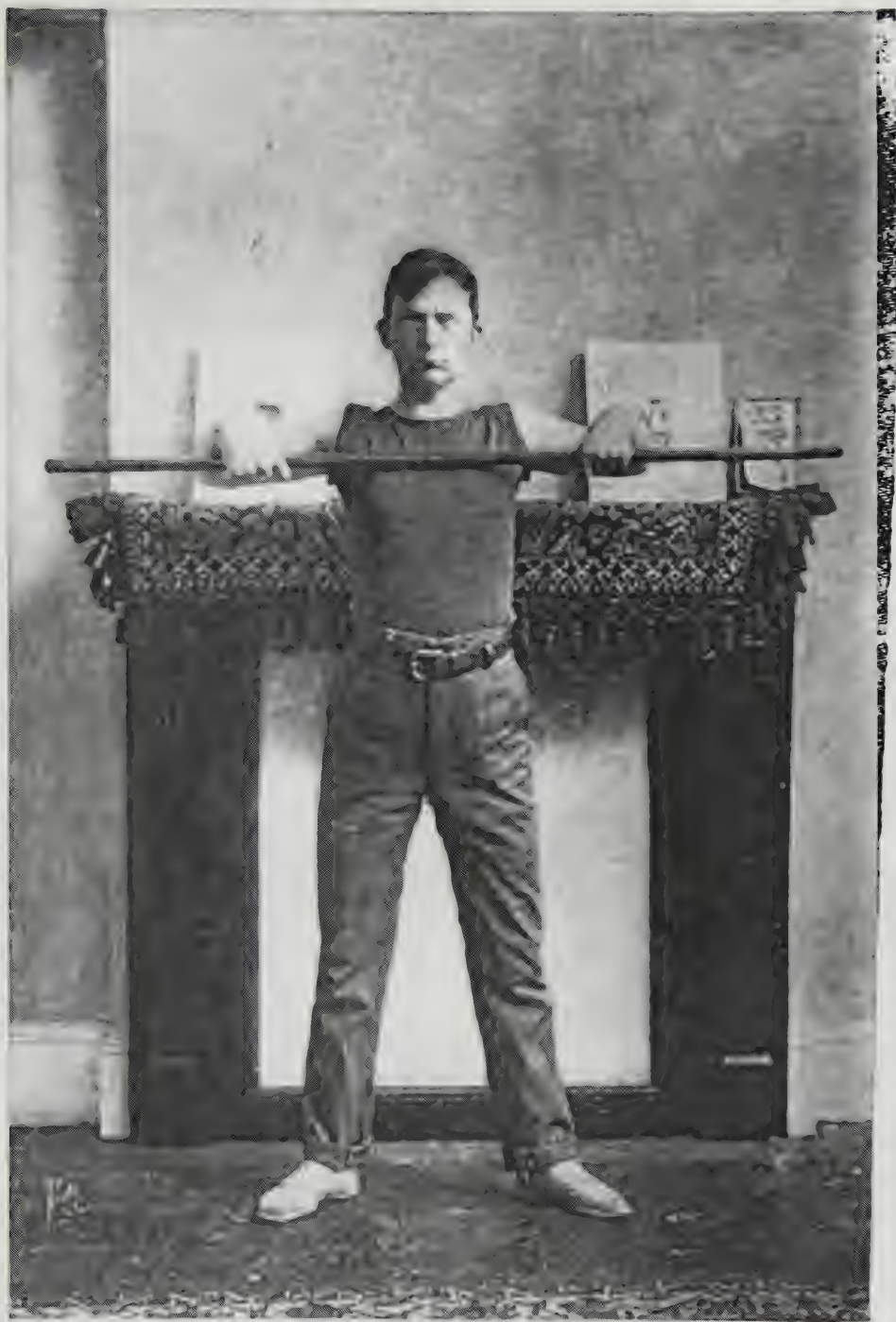
No. 3.

Position : Same as No. 1.

Swing to overhead, bend body to carry wand down to knees or insteps; return to position.

Repeat ten times.

Exercises chest, arms, back, abdomen and legs.



No. 4.

Position : Same as No. 1.

Curl wand to chest, as shown, and return to position.

Repeat ten times.

Exercises shoulders and arms.



No. 5.

Position : Wand overhead, as shown.

Bend to left and right, let wand follow movement of body.

Repeat ten times.

Exercises waist and abdomen.



No. 6,

Position: Same as No. 1.

Carry wand overhead and lower to back of shoulders ; return to position.

Repeat ten times.

Exercises arm, shoulders and back.



No. 7.

Position : Same as No. 1.

Raise wand forward to level of shoulders, and simultaneously squat as shown ; return to position.

Repeat ten times.

Exercises' shoulders, arms and legs.



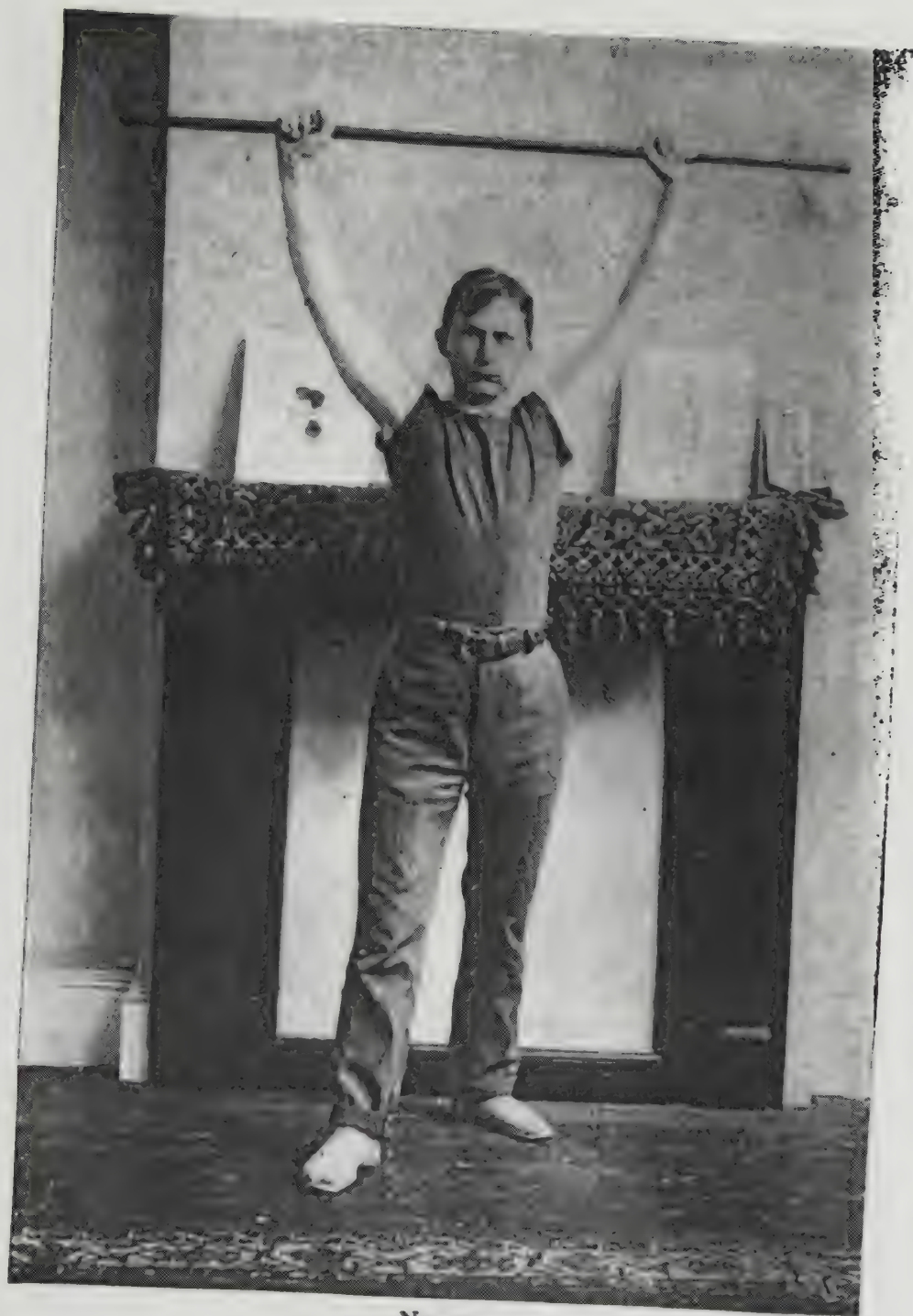
No. 8.

Position : Same as No. 1.

Raise wand forward to level of shoulders ;
carry to side, twisting body simultaneously,
first left then right.

Repeat ten times.

Exercises shoulders, waist and hips.



No. 9..

Position : Same as No. 1.

Raise wand to overhead, and simultaneously rear step with left foot ; return to position.

Repeat ten times.

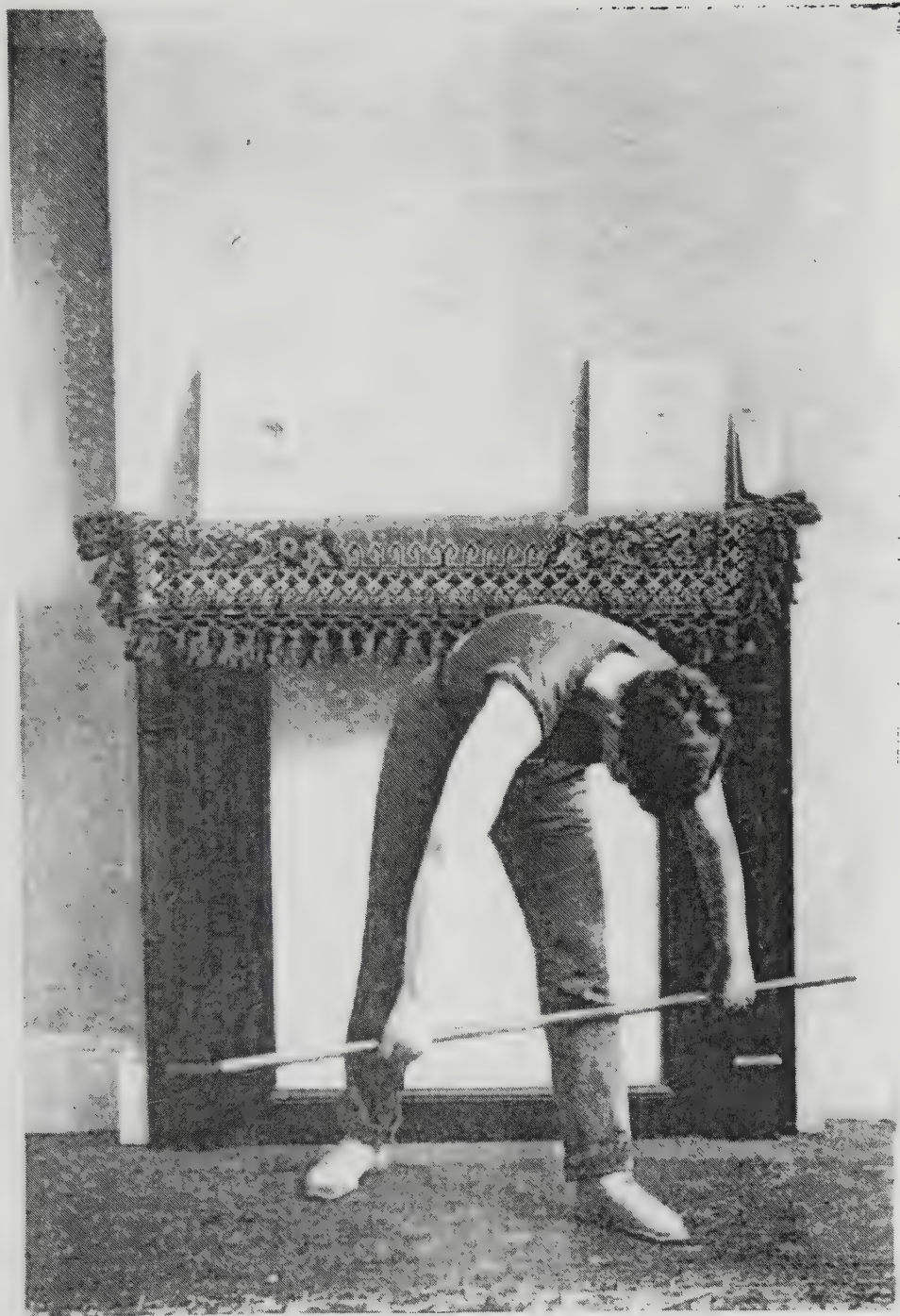
Same with right leg to rear.

Repeat ten times.

Same alternating the feet.

Repeat ten times.

Exercises the legs, chest and shoulders.



No. 10.

Position : Same as No. 1.

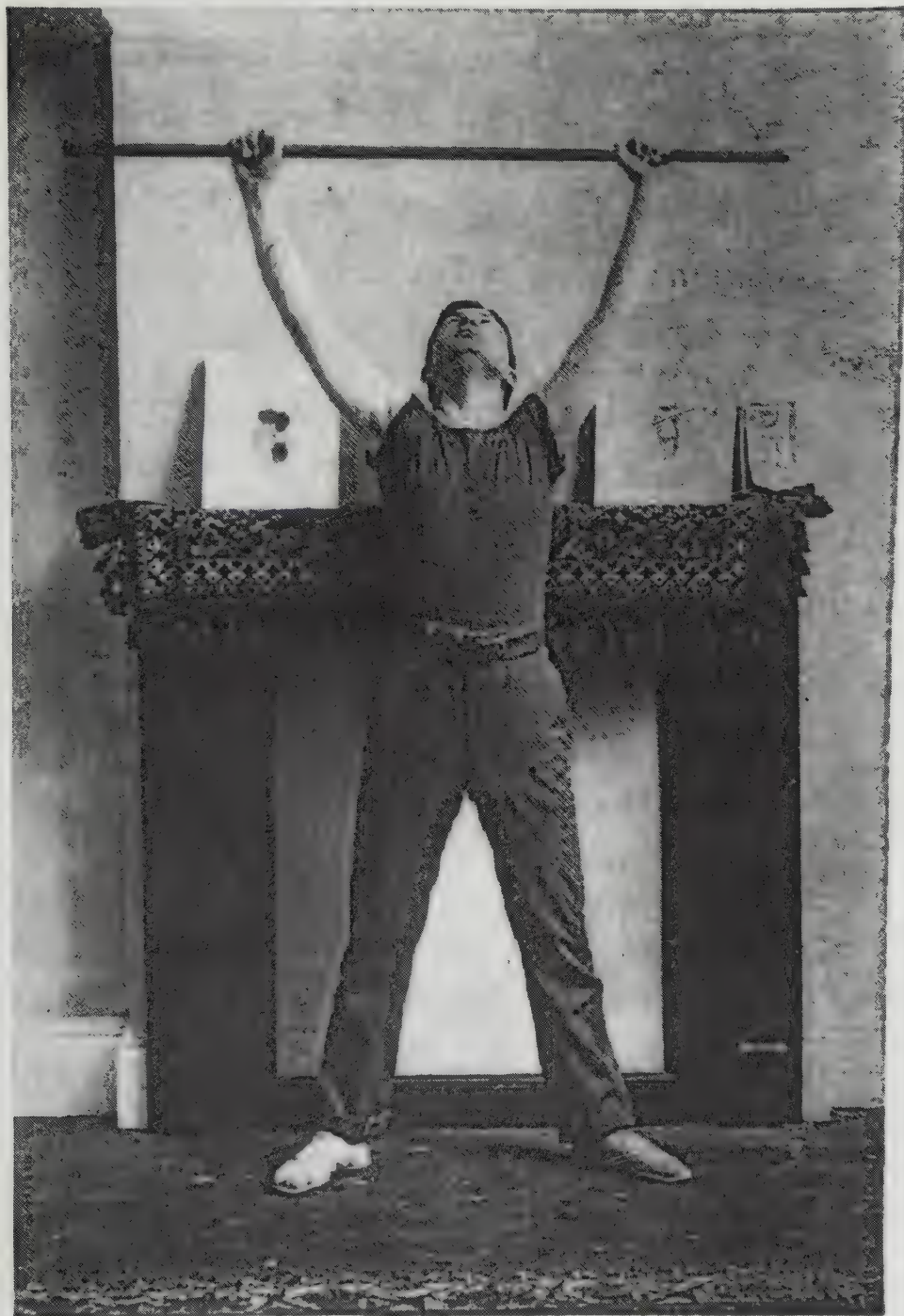
Raise wand to overhead, oblique step with left foot and bend body, bringing wand to knee or instep ; return wand to overhead, then to position.

Repeat ten times.

Same with right leg.

Repeat ten times.

Exercises chest, shoulders, abdomen, legs and hips,



No. II.

Position: Same as No. 1.

Swing wand to overhead, allowing the eyes to follow direction of wand; return to position.

Repeat ten times.

Exercises chest, neck and shoulders.



No. 12.

Position : Same as No. 1.

Raise wand to overhead, oblique step with left foot, bend body and carry wand to knee or instep of right leg ; return to overhead, then to position.

Repeat ten times.

Same with right foot.

Repeat ten times.

Exercises chest, shoulders, legs, abdomen and hips.



No. 13.

Position: Same as No. 1.

Swing wand overhead and down to back of hips, as shown ; return to position.

Repeat ten times.

Exercises back and shoulder muscles.



No. 14.

Position: Unless otherwise stated, this attitude constitutes "Position" for remaining movements.



No: 15.

Position : Same as No. 14.

Raise left knee as high as possible ; return to position.

Repeat ten times.

Same with right knee ; wand in right hand.

Repeat ten times.

Exercises leg, and abdominal muscles.



No. 16.

Position : Same as No. 14.

Sink to squat, as shown ; return to position.

Repeat ten times.

Exercises legs, abdomen and back.



No. 17.

Position : Same as No. 14.

Stationary run, retaining grasp on wand.
Run for thirty seconds.

Exercises legs, develops lung power and heart.



No. 18.

Position : Same as No. 14.

Raise wand to overhead, bend body ; twist wand to pass between legs, as shown.

Repeat ten times.

Exercises arms, waist, abdomen and legs.



No. 19.

Position : Lying on floor, wand resting on front of legs.

Raise wand forward to level of shoulders, and simultaneously sit up, as shown.

Repeat ten times.

Exercises abdomen strongly.



No. 20.

Position : Lying on floor, wand as shown.

Raise legs to right angle, and simultaneously raise wand to perpendicular.

Repeat ten times.

Exercises chest and abdomen.



No. 21.

Position: Same as No. 14.

Raise wand to overhead, stretch body to full length, and rise on toes at end of stretch. Repeat ten times.

Exercises legs, chest and arms.

TEN MINUTES' EXERCISE FOR BUSY MEN

INDIAN CLUB EXERCISES *

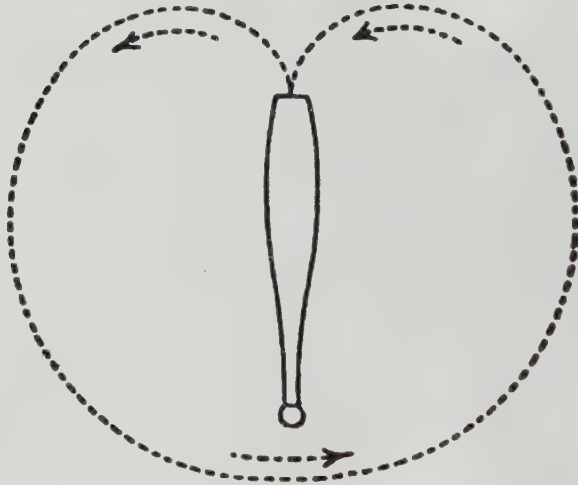
*These movements are for exercise only ; no movements for the development of skill have been included. Two numbers of Spalding's Athletic Library are devoted to indian club movements, fully illustrated with diagrams—No. 91, by Prof. E. B. Warman, and No. 148, by J. H. Dougherty, amateur champion of America. Price of each, 10 cents. (See complete list of Spalding's Athletic Library on inside cover pages of this book.)



No. 1.

Position : Club in right hand, as shown.

Full swing to right, passing front of body
on return ; swing to position.



Repeat ten times.

Same, in opposite direction with same
hand.

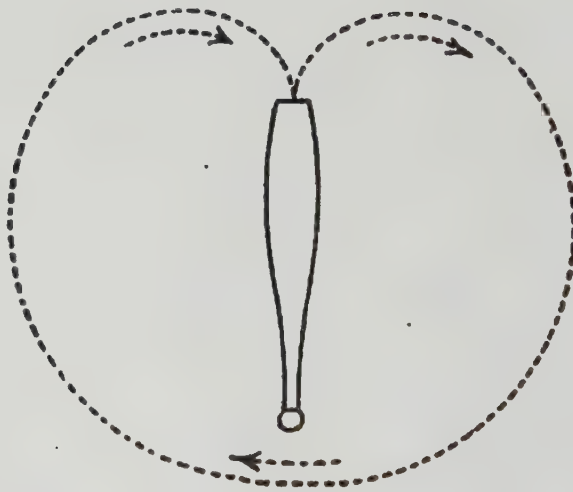
Repeat ten times.



No. 2.

Position : Club in left hand, as shown.

Repeat Exercise No. 1 to the left ten times.

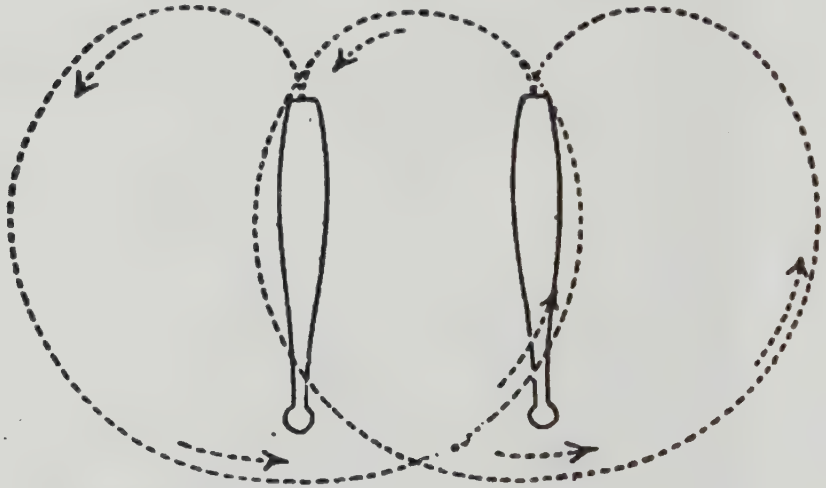




No. 3.

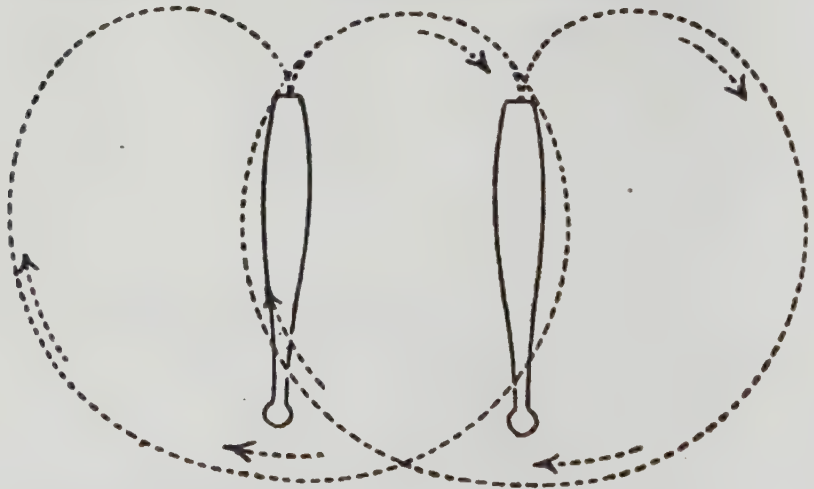
Position : As shown.

Same as No. 1, using both clubs.



Repeat ten times.

Same as No. 2, using both clubs.



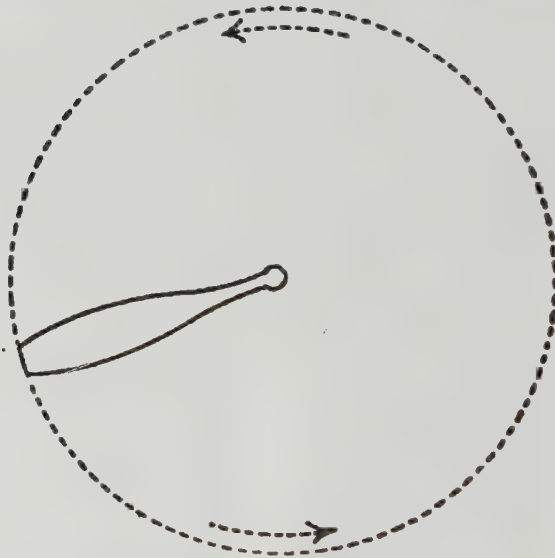
Repeat ten times.



No. 4.

Position: Club in right hand at position of No. 1.

Describe a circle, as shown, to right.



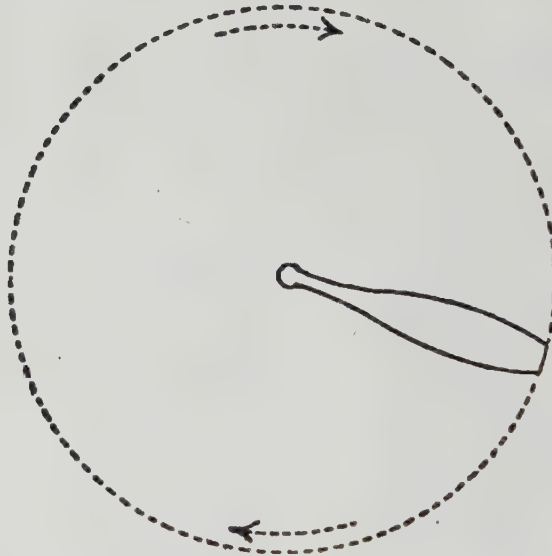
Repeat ten times.



No. 5

Position : Club in left hand at position of
No. 1.

Describe a circle, as shown, to left.



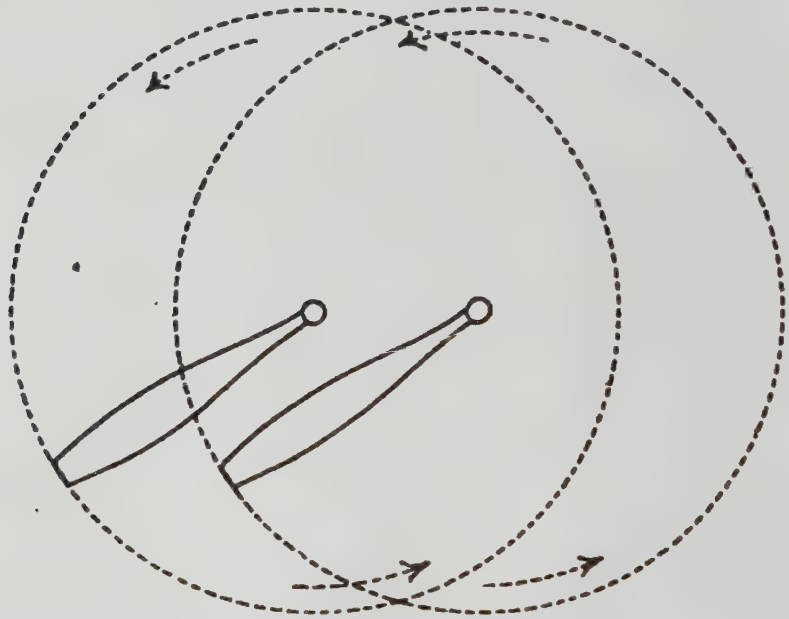
Repeat ten times.



No. 6.

Position: Clubs at position of No. 1.

Describe a circle behind both shoulders ;
ends of clubs pointed, as shown, and con-
tinuing to the left to position.



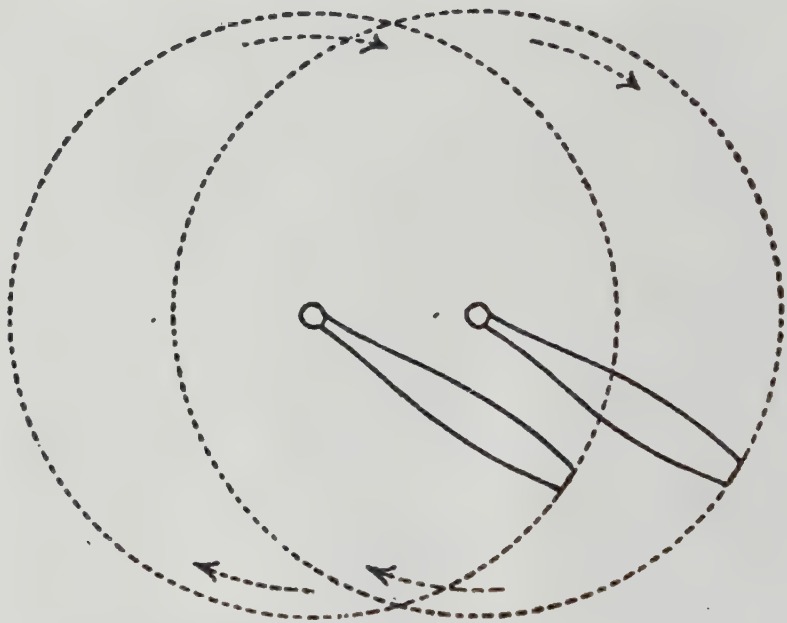
Repeat ten times.



No. 7.

Position : Clubs at position of No. 1.

Same as No. 6, in opposite direction.



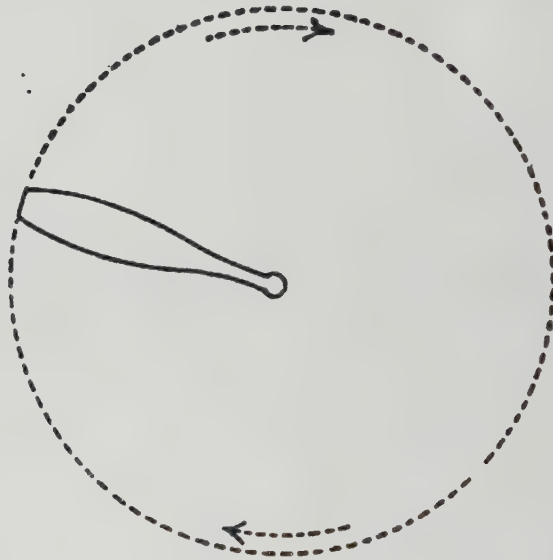
Repeat ten times.



No. 8

Position : Club in right hand, as shown.

Forward circle, allowing the club end to fall forward and circle the outside of arm.



Repeat ten times.

Same with left hand.

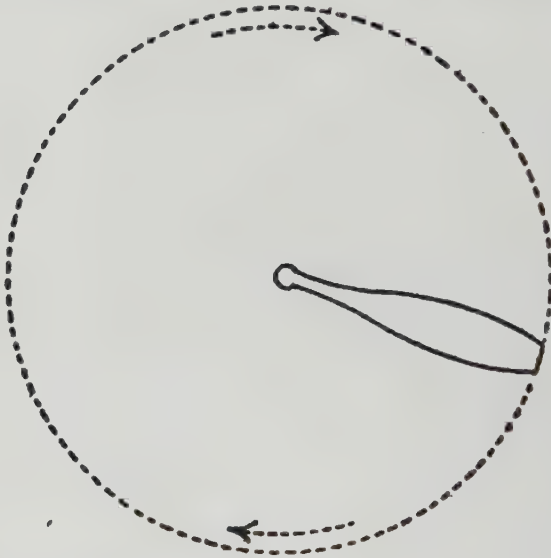
Repeat ten times.



No. 9.

Position: Club in right hand, as shown.

Rear circle, allowing the club end to fall toward body and circle outside of arm.



Repeat ten times.

Same with left hand.

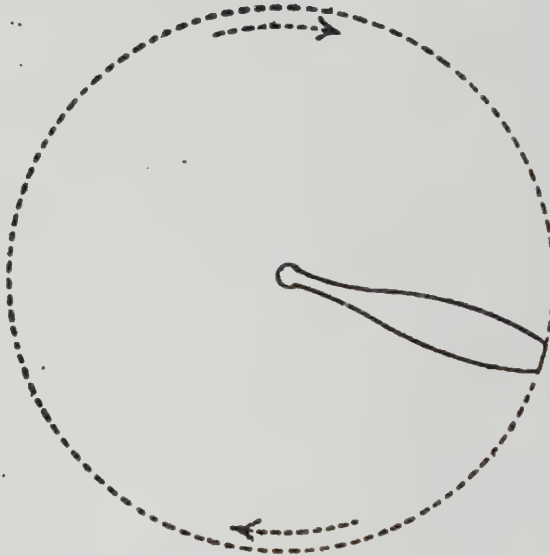
Repeat ten times.



No. 10.

Position: Club in right hand at position of No. 1.

Describe forward full arm circle to position.
Cut shows club in downward flight to rear.



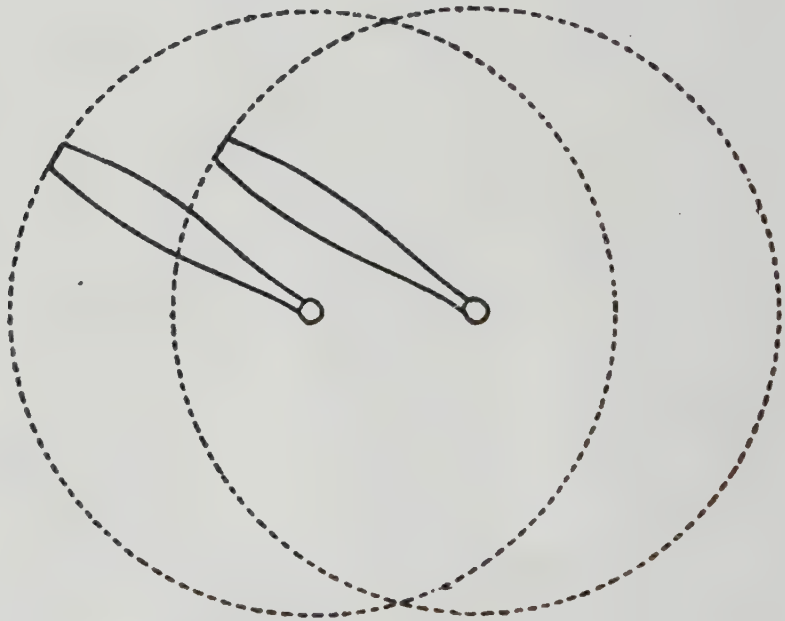
Repeat ten times.



No. 11.

Position: Clubs in both hands, as shown, parallel with floor.

Describe a full arm circle, passing over the head each time. Allow the body to sway with the movement of the clubs.



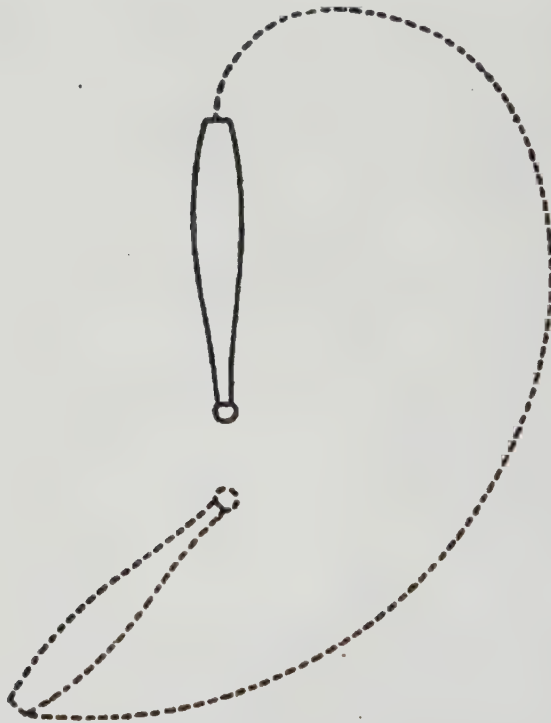
Repeat ten times.



No. 12.

Position: Clubs in both hands at position of No. 1.

Swing forward and down to between legs, as shown ; return to position.



Repeat ten times.

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$\frac{3}{4}$ "	.	.	.	"	.40
1 "	.	.	.	"	.45
$1\frac{1}{2}$ "	.	.	.	"	.50
2 "	.	.	.	"	.55
$2\frac{1}{2}$ "	.	.	.	"	.65
3 "	.	.	.	"	.70
4 "	.	.	.	"	.80
5 "	.	.	.	"	1.00

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$\frac{3}{4}$ "	.	.	.	"	25c.
1 "	.	.	.	"	30c.
$1\frac{1}{2}$ "	.	.	.	"	35c.
2 "	.	.	.	"	40c.
$2\frac{1}{2}$ "	.	.	.	"	45c.
3 "	.	.	.	"	50c.
4 "	.	.	.	"	60c.
5 "	.	.	.	"	90c.



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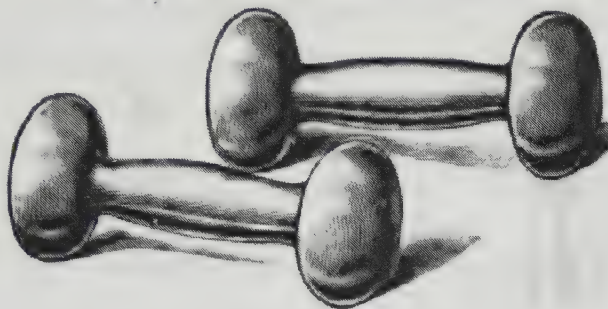
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No. 3N.	3 "	.	.	.	"	.65
No. 4N.	4 "	.	.	.	"	.75
No. 5N.	5 "	.	.	.	"	1.00

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No. 2B.	2 "	.	.	.	"	.75
No. 3B.	3 "	.	.	.	"	1.00
No. 4B.	4 "	.	.	.	"	1.15
No. 5B.	5 "	.	.	.	"	1.25

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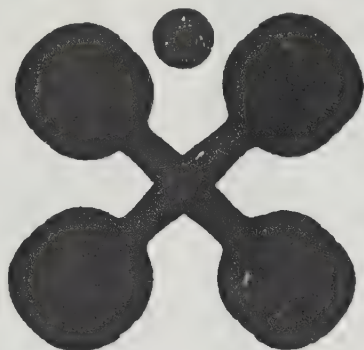
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1 "	.	.	" 45c.
1½ "	.	.	" 50c.
2 "	.	.	" 55c.
3 "	.	.	" 70c.
4 "	.	.	" 80c.

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2 "	.	.	" 40c.
3 "	.	.	" 50c.
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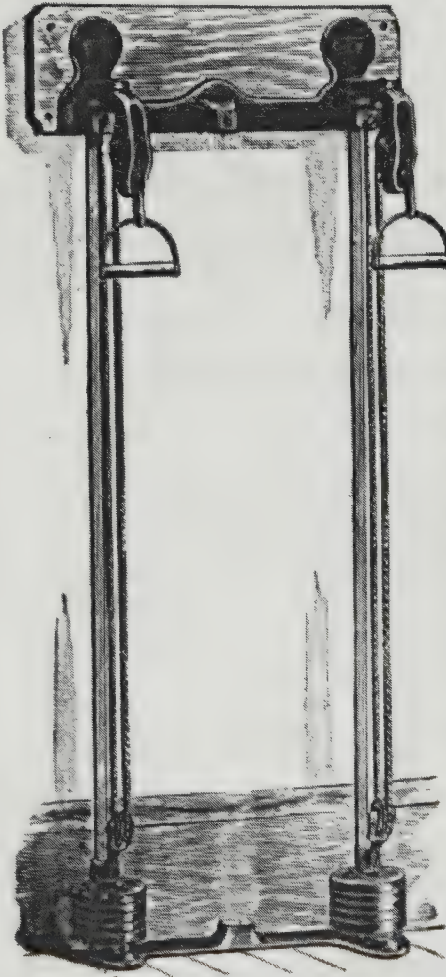
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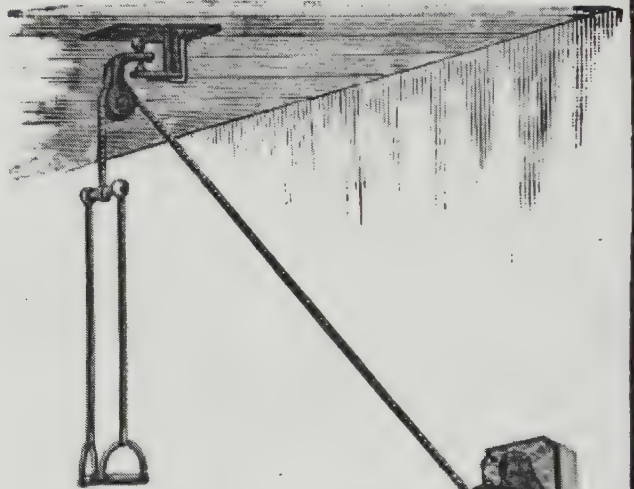
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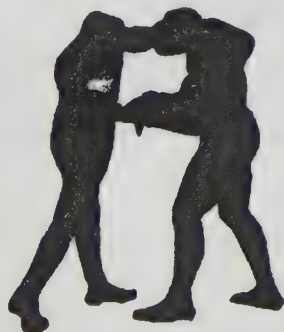
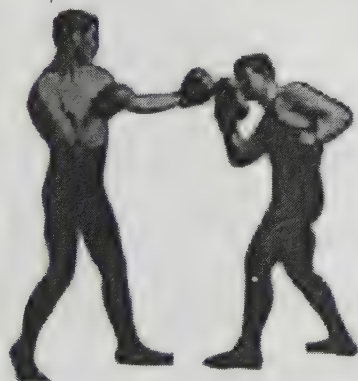
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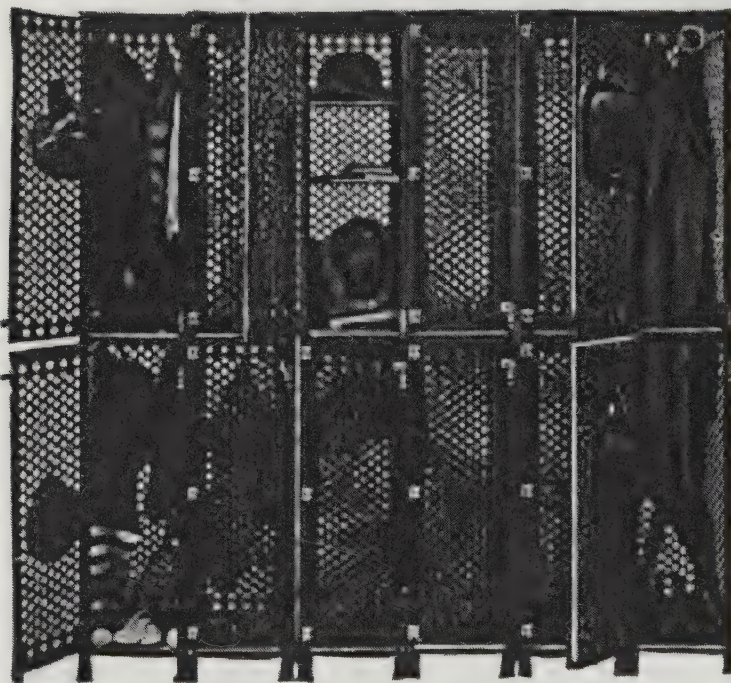
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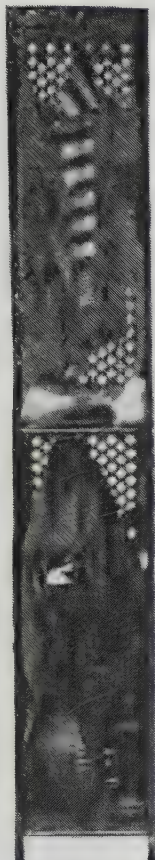
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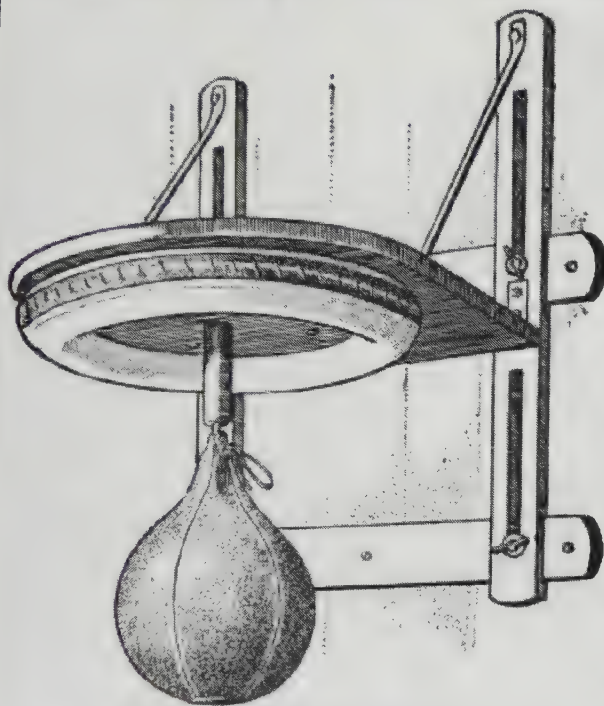
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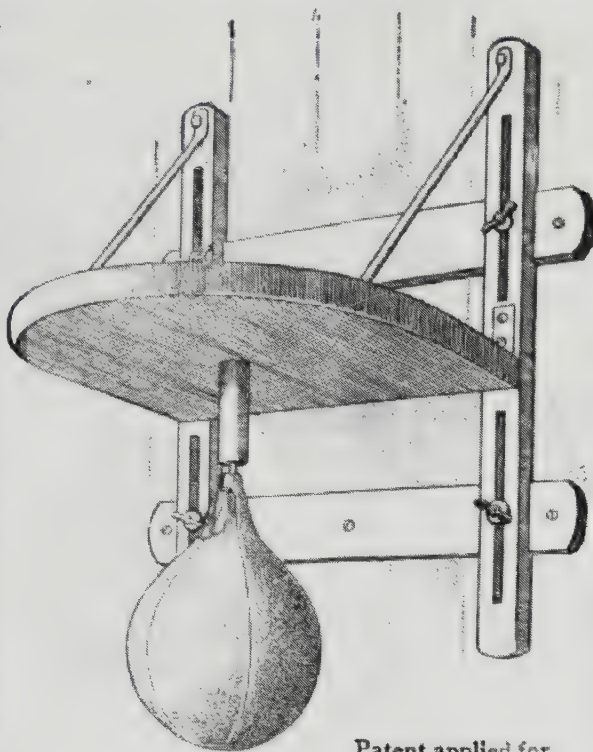
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SPALDING'S NEW SOLID STRIKING BAG DISKS

These disks are designed to fill the want for a low priced article of durable, substantial construction. While they lack some of the distinctive virtues of our inflated disk in point of design, quality and workmanship, they are much superior to any other kind at equal cost, and being so compact, are considerably less noisy than the large gymnasium disk. It is *strongly braced*, and perfectly solid, affording the best possible striking surface for the bag obtainable from a



Patent applied for.

wooden platform, and what is of more importance, it will *stay solid*.

The above cut illustrates our Adjustable Solid Striking Bag Disk. This is in every way similar to No. AR, excepting the inflated feature.

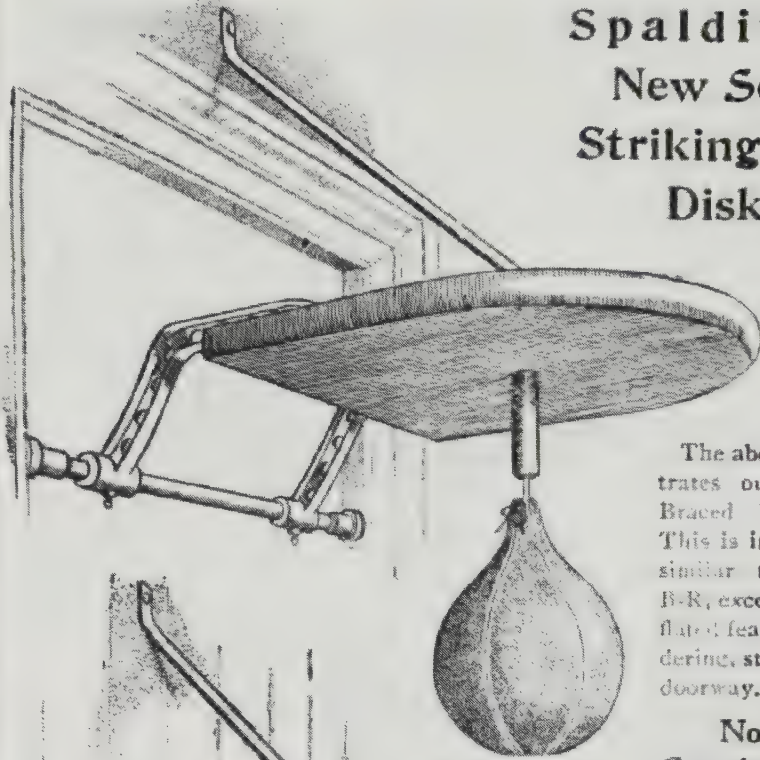
No. C-R. Complete, without bag, \$7.50

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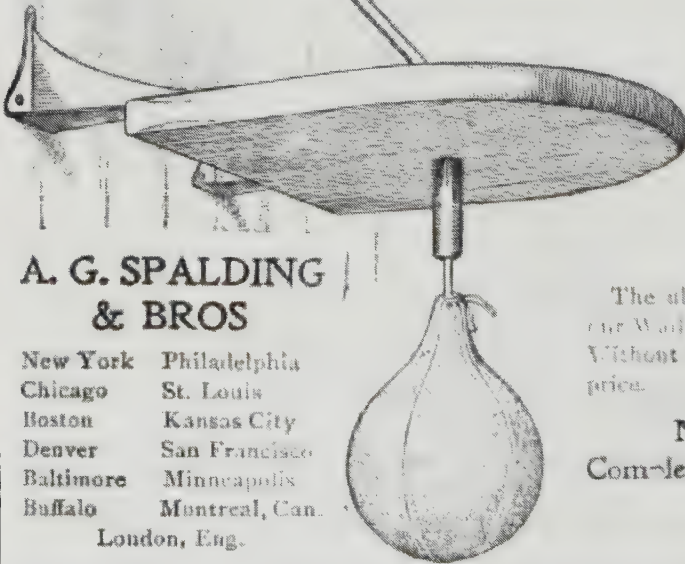
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Spalding's New Solid Striking Bag Disks



The above cut illustrates our Doorway Braced Solid Disk. This is in every way similar to our No. B-R, excepting the inflated feature. In ordering, state width of doorway.

No. D-R.
Complete, without bag, \$7.50



The above cut illustrates our Wall Braced Solid Disk. Without an equal at the price.

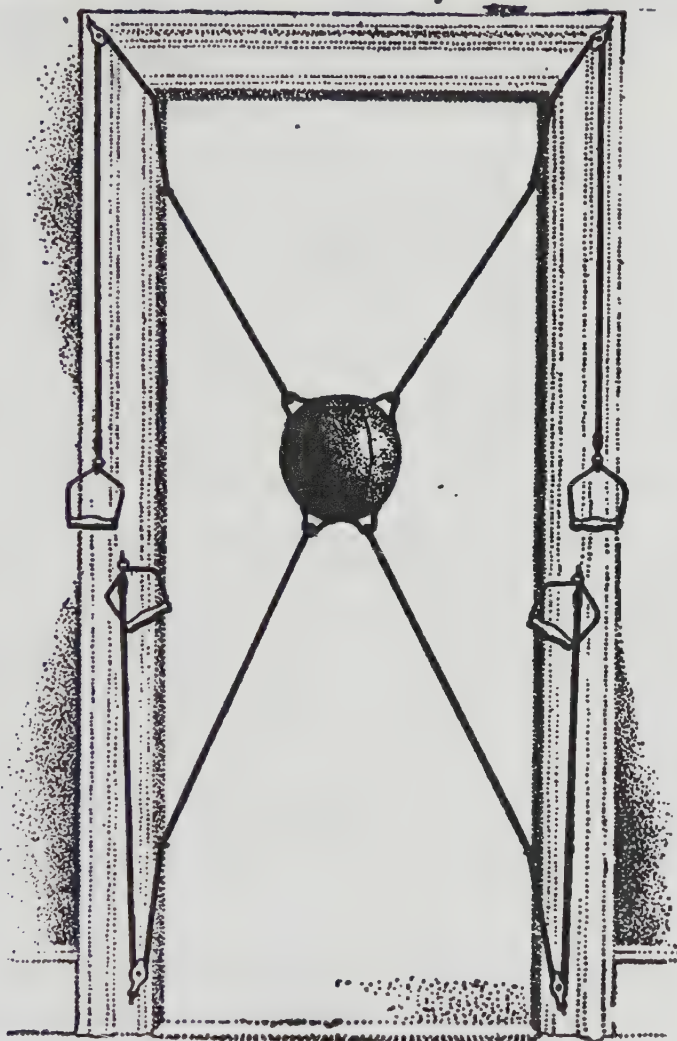
No. F-R.
Complete, without bag, \$5.00

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Combines a striking bag with gloves, upper chest exerciser, and back and loin exerciser. The bag is suspended from the ends of four elastics, and no matter how hit always flies back to the centre.



Complete with extra quality striking bag, durable elastic cord, noiseless pulleys and striking bag gloves. \$6.00

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Spalding's New Regulation Bags

New Regulation Style, olive tanned leather cover, double stitched, one-piece top and welted seams; reinforced loop. This bag is particularly adapted for quick work.

No. 12. Each, \$4.00

New Regulation Style, made of specially tanned glove leather, substantially put together, one-piece top and welted seams, double stitched and reinforced throughout.

No. 10. Complete in box. Each, \$3.00

New Regulation Style, made of fine maroon tanned leather; well finished one-piece top and welted seams.

No. 17. Complete in box. Each, \$2.50

New Regulation Style, extra fine grain leather cover; one-piece top and well made throughout.

No. 16. Complete in box. Each, \$2.00

New Regulation Style, olive tanned leather cover, with one-piece top and welted seams.

No. 15. Complete in box. Each, \$1.50

New Regulation Style, light russet tanned leather cover; one-piece top and welted seams.

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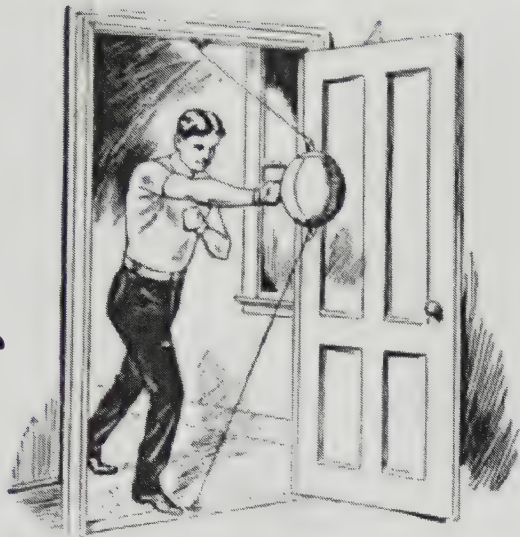
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—Spalding's Double End Bags—



- No. 6. Extra fine olive tanned leather cover, double stitched, welted seams, and reinforced one-piece top. Extra well made throughout. . . . Each, \$4.00
- No. 5. Regulation size, specially tanned glove leather cover, one-piece top, welted seams, double stitched and substantially made. . . . Each, \$3.50
- No. 4½. Regulation size, fine maroon tanned leather, one-piece top and welted seams. Well finished throughout. . . . Each, \$3.00
- No. 4. Regulation size, fine grain leather cover and well made throughout, one-piece top, reinforced, double stitched. . . . Each, \$2.50
- No. 3. Regulation size, substantial red leather cover, one-piece top, reinforced and welted seams. . . . Each, \$2.00
- No. 2½. Medium size, good quality dark olive tanned leather, well put together, one-piece top and welted seams. . . . Each, \$1.50
- No. 2. Medium size, good light russet tanned leather, substantially made, two-piece top, double stitched. . . . Each, \$1.00

Each bag complete in box, with bladder, rubber cord for floor, and rope for ceiling attachment

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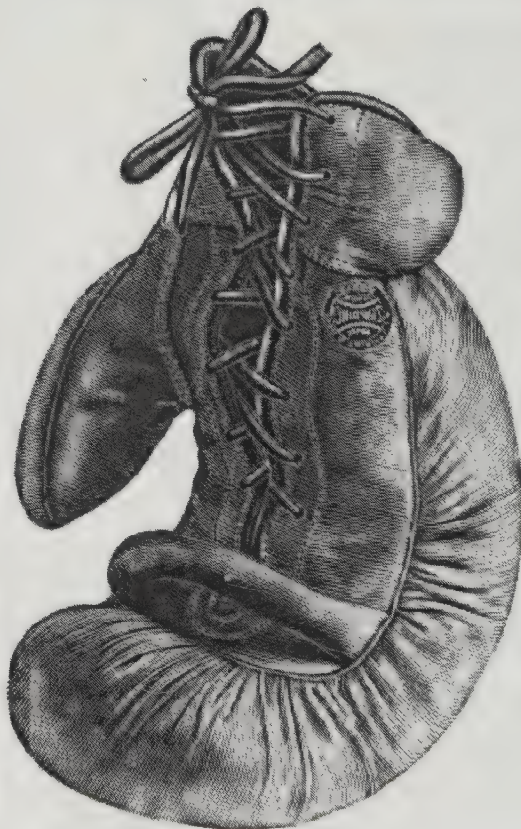
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—Spalding's Boxing Gloves—



Cut illustrates the patent palm lacing and patent palm grip referred to in descriptions of following boxing gloves. With these improvements we believe our line is absolutely the finest on the market. The patent palm lacing insuring a snug fit at all times is a very valuable feature, and the patent palm grip, we know, will be appreciated by those who want gloves that are up-to-date in every particular.

No. 17. Corbett Pattern, craven t a n leather, well padded with hair, patent palm lacing, patent palm grip and padded wrist-band. Per set, \$3.00

No. 19. Corbett Pattern, craven t a n leather, well padded with hair, patent palm grip and patent palm lacing. Per set, \$2.50

No. 21. Corbett Pattern, grip and cuffs of olive tanned leather, balance of glove finished in dark wine color tanned leather. Well padded with hair and patent palm lacing. Per set, \$2.00

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O U T D O O R GYMNASIUMS AND PLAYGROUNDS

For several years past those who have been interested in physical education and the care of the young have endeavored and succeeded in convincing many that outdoor gymnasiums and playgrounds are beneficial to the youth, and particularly in large cities where the population is congested, or in connection with school work.

The Outdoor Recreation League of New York City has done more to bring prominently before the public outdoor gymnasiums than any other institution that was ever organized. There are now in New York City four outdoor gymnasiums and playgrounds in operation: in Seward Park, Hudsonbank, Kip's Bay and Amsterdam Avenue, and the movement is still in its infancy. Other cities are extending the work, such as Boston—the home of outdoor playgrounds—Chicago, Philadelphia and Providence.

With this movement the firm of A. G. Spalding & Bros. have kept in touch, and nearly all the prominent gymnasiums that been put up of late years have been planned and built by them. The two model gymnasiums of Seward Park and Hudsonbank, New York City, as well as several others put up for the public schools, are worthy of inspection by anyone who is interested in outdoor gymnasium work.

There is another side to the outdoor gymnasium that is worthy of consideration. It is a well known fact that many object to exercising indoors, and for years outdoor exercise has been far more appreciated. As a result, gymnasiums are being erected especially for the youngsters, and lawn gymnasiums are becoming more popular every day. We can put up for your boys, on your lawn or in the yard, a gymnasium that is graded and classed according to the amount of money that is to be expended.

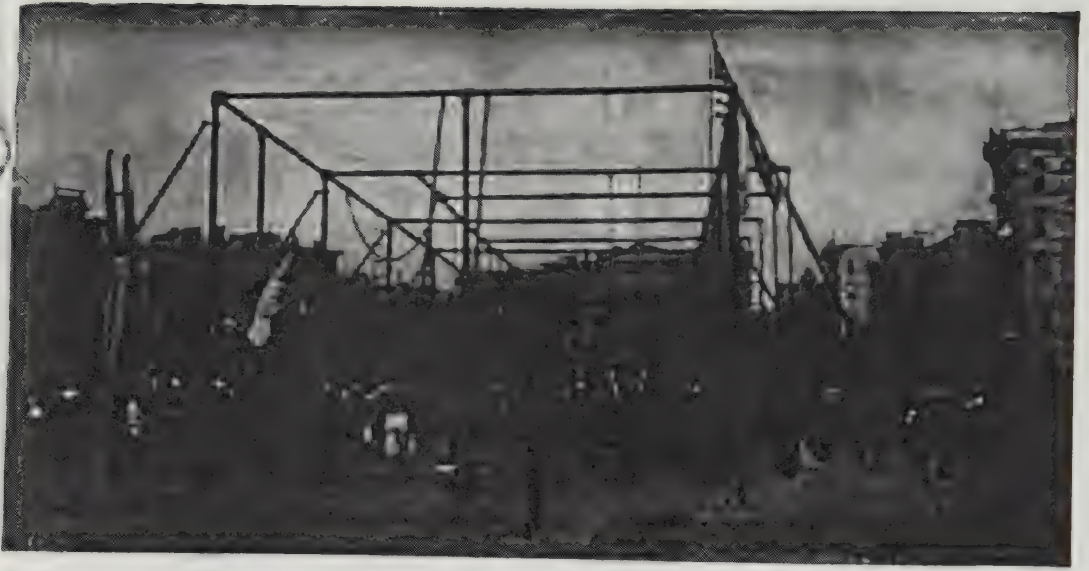
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Gymnasium Factory, Chicopee Falls, Mass.



**VIEWS IN OUTDOOR RECREATION LEAGUE PLAYGROUND,
SEWARD PARK, NEW YORK CITY.**

Gymnasium apparatus installed by A. G. Spalding & Bros.

Field Hockey



The game of Field Hockey, which, although only recently introduced in America, already bids fair to become the premier sport among the students of the various women's colleges of this country. It is now being played at Vassar, Smith, Radcliffe, Wellesley and Bryn Mawr. At one college alone five hundred members enrolled

in the first hockey club, and the interest of the players has never been flagged from the first game. It is not exclusively a woman's game, however, and in England, the home of the sport, it is played by both men and women, and mixed clubs are very popular. During last December alone 549 important matches were reported there, and it is proving a strong rival to foot ball among the men and boys. Matches are played not only between the various schools and colleges, but between elevens representing England, Ireland, Scotland and Wales, and international ones are participated in by players from France, Germany and Belgium. To those in need of vigorous and healthful out-of-doors exercise, the game is recommended highly. Its healthful attributes are manifold and the interest of player and spectator alike is kept active throughout the progress of the game. Practice will give to the player the wrist of a fencer and the accuracy of a golfer, while the game, owing to the number engaged at a time, eleven on a side, affords active participation to a great many. When better known here, it will no doubt be played not alone at the colleges, but clubs will be formed and it will be taken up by the men as well. Physical educators agree as to its value as an exercise, and eventually it will prove one of our most popular autumn games. Expensive paraphernalia is not required, and this fact will encourage many to take up the game who otherwise might not care to do so.

A complete description of Field Hockey, illustrated with pictures showing points of play; information for players, and the official rules, will be found in No. 154 of Spalding's Athletic Library, which will be sent to any address upon receipt of 10 cents.

Send for Spalding's handsomely Illustrated Catalogue, free to any address.

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Best Worsted, full fashioned stock colors.

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No. 601. Each, \$1.25

Sanitary Cotton, White, Navy, Black,
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Knee Tights

Best Worsted, full fashioned, stock
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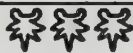
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This Running Shoe is made of the finest kangaroo leather; extremely light and glove-fitting; best English steel spikes firmly riveted on. Worn by nearly all of America's fastest sprinters and distance runners.

No. 2/0. Per pair, \$5.00



ARTHUR DUFFEY—Holder of the world's record, 9 3-5s. for 100 yards, wears Spalding's Shoes in all his races.

M. W. LONG—Holder of the world's 440 yards record; the American, English and International champion, wears Spalding's Shoes in all his races.

B. J. WEFERS—The holder of the world's record for 220 yards, made his record with a pair of Spalding's Record Shoes.

JOHN F. CREGAN—The American half-mile and Intercollegiate champion, and thousands of others attribute their success on the path to the fact that they had a well-fitting, light, serviceable shoe to wear.

Nearly every American, Intercollegiate and Interscholastic record has been made when the contestant wore Spalding's Shoes.

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Made of the very finest Australian lamb's wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight.

We call special attention to the "Intercollegiate" grade which was originally made by special order for the Yale foot ball eleven and is now exclusively used by all Intercollegiate players. They are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. A. "Intercollegiate," special weight,	. . .	\$6.00
No. B. Heavy Weight,	. . .	5.00
No. C. Standard Weight,	. . .	4.00

Colors: White, Navy Blue, Black, Gray and Maroon. Other colors to order at an advanced price. Prices on application. All made with 10-inch collars; sizes, 28 to 44.

STRIPED SWEATERS

Same quality as our No. B. Sizes, 32 to 42 inches. Colors: Red and Black, Navy and Red, Orange and Black, Navy and White. Stripes 2 inches wide.

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Any other combination of colors to order only at an advanced price.

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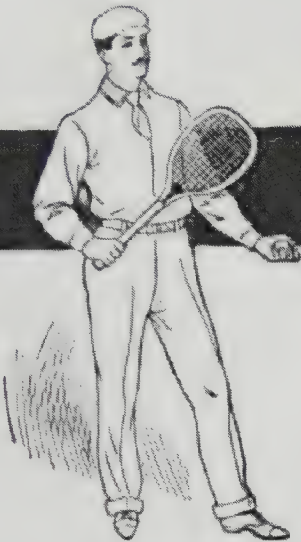
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No. 9. The Slocum. Same model as last year. Frame of selected white ash; fine quality white main strings and red cross strings; oak throat-piece, antique finish; stained and polished mahogany handle, finely checkered, leather capped, **\$4.00**

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nut throat-piece and checkered cedar handle. fine quality gut. **Each, \$3.00**

No. 6. The Vantage. Improved model. Frame of white ash, mahogany throat-piece; fine quality white gut stringing; checkered mahogany handle, leather capped. **Each, \$3.00**

No. 5. The Lakeside. Designed for effective work. Frame of white ash, polished mahogany throat-piece; stringing of good quality white gut; checkered mahogany handle, leather capped. **Each, \$2.50**

No. 4. The Greenwood. Improved shape. Frame of good white ash, polished mahogany throat-piece; stringing of good quality gut; checkered mahogany handle, leather capped. **Each, \$2.00**

No. 3. The Geneva. Popular new shape. Frame of white ash, polished walnut throat-piece; good quality gut; checkered cedar handle, leather capped. **Each, \$1.50**

No. 2. The Favorite. Approved model. Frame of white ash, polished walnut throat-piece; stringing of good quality gut; checkered cedar handle, leather capped. **Each, \$1.00**

No. 1. The Practice. None better for children. White ash frame, walnut throat-piece; checkered cedar handle, leather capped; stringing good quality gut. **Each, 75c.**

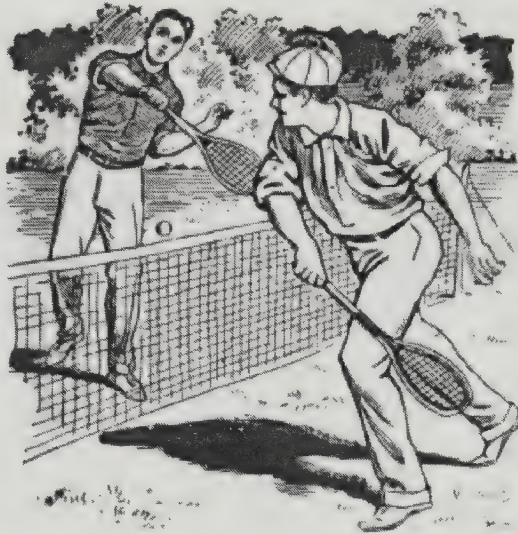
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The Spalding Rackets.

No. 13. THE SPALDING CANE. Our idea of a perfect racket. New model. Frame of white ash specially selected; handsomely polished walnut throat-piece; spliced cane handle extending through throat-piece giving additional strength and driving power. Strung with finest quality gut.

Hand-made throughout, and perfect balance assured. Each, \$7.00

No. 14. THE SPALDING A-1. Hand-made throughout; all work, material and finish of highest quality. Frame finest white ash, beveled inside edge; polished mahogany throat-piece. Stringing, finest gut obtainable. Combed mahogany handle, leather capped. \$6.00

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No. 12. THE OCOMO. Frame of finest white ash with rounded edges and mahogany throat-piece. Stringing of very best white gut. Combed mahogany handle, made small for ladies' use, leather capped. Each, \$5.00

No. 11. THE TOURNAMENT. Modeled after design of prominent player. Finest white ash frame and mahogany throat-piece. Best white gut stringing and combed mahogany handle, leather capped. Each, \$5.00

No. 10. THE 'VARSITY, New Model. Selected white ash frame, mahogany throat-piece; fine quality gut; stained mahogany handle, finely checkered, leather capped. Each, \$4.00

No. 10C. Same as No. 10, only cork handle. Each, \$4.50

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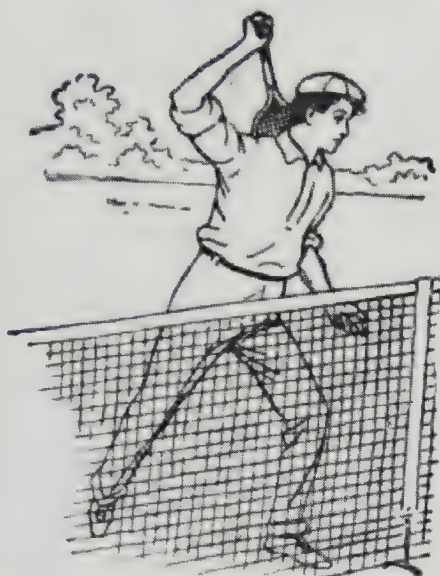
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Spalding's Patent Double Centre Nets



Spalding's Patent Double Centre Nets are hand knitted, and in the centre, where most of the wear comes, have double twine knitted together for 11 to 18 feet, according to size of net. Will outlast two or more ordinary nets.

WHITE, 15 THREAD, DOUBLE COURT.

No. **2C.** Length, 36 feet; double centre, 11 feet, **\$4.50**

No. **3C.** Length, 42 feet; double centre, 18 feet. **\$5.00**

WHITE, 21 THREAD, DOUBLE COURT.

No. **2D.** Length, 36 feet; double centre, 11 feet. **\$5.00**

No. **3D.** Length, 42 feet; double centre, 18 feet. **\$5.50**

Spalding's Intercollegiate Nets

Hand knit of best quality twine. Extra wide canvas strip at top. Same style and quality as used at Newport and all championship events. Tanned nets if desired.

No. **3E.** Double Court, 42 feet, 21 thread, hand made. Each, **\$4.25**

No. **2E.** Double Court, 36 feet, 21 thread, hand made. " **3.75**

Spalding's Canvas Bound Nets

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No. **3B.** Double Court, hand made, 42 feet, 21 thread; white, **3.50**

No. **2A.** Double Court, machine made, 36 feet, 15 thread; white, **1.75**

No. **3A.** Double Court, machine made, 42 feet, 15 thread; white, **2.00**

No. **3X. TARRED NETS.** Canvas bound, double court, 42 feet, 21 thread. **\$4.00**

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Spalding's No. X Infielders' Glove

A good all-around glove, improved style. Made of good quality horsehide, well padded. Web thumb; double row of stitching on heel pad. Will give excellent service.

No. X. Each, \$1.50

Spalding's No. XB Infielders' Glove

A Boys' Glove. The same quality as our No. X, but smaller in size.

No. XB. Each, \$1.00

Spalding's No. 15 Infielders' Glove

A well made glove, improved style. Made of extra fine quality brown leather, well padded. Web thumb; double row of stitching on heel pad.

No. 15. Each, \$1.00

Spalding's No. 12 Infielders' Glove

Good quality soft suede tanned leather nicely padded. Web thumb; double row of stitching on heel pad.

No. 12. Each, 75c.

Spalding's No. 16 Infielders' Glove

A good glove, full size, improved style. Made of good quality soft tanned leather, nicely padded. Web thumb; double row of stitching on heel pad.

No. 16. Each, 50c.

Spalding's No. 14 Infielders' Glove

Similar to No. 12, but smaller in size. No better at the price.

No. 14. Each, 50c.

Spalding's No. 17 Infielders' Glove

A Youth's Glove; all leather, good quality, well made and padded. Web thumb; double row of stitching on heel pad.

No. 17. Each, 25c.

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SPALDING'S CATCHERS' MITT

The "League"

Made of green, special tanned leather, very soft and pliable. Patent lace back and heavily padded. Double row of stitching on heel pad and strap-and-buckle fastening at the back. Lace thumb.

No. 5-0.
Each, \$4.00

Spalding's No. 0A Mitt Not Lace Back

Extra large and heavily padded. Velvet tanned boulevard face and laced thumb. Double row of stitching on heel pad. Extremely well made.

No. 0A.
Each, \$2.00



No. 5-0.

Spalding's Amateur Mitt

Patent Lace Back

Made of extra quality asbestos buck, perspiration proof and extremely tough and durable; reinforced and laced at thumb. Double row of stitching at heel pad. A very popular mitt.

No. A. Each, \$1.50

Spalding's Practice Mitt

Patent Lace Back

Made of specially firm tanned oak leather, easy fitting, reinforced and lace thumb; double row of stitching on heel pad and patent lace back. None better for practice.

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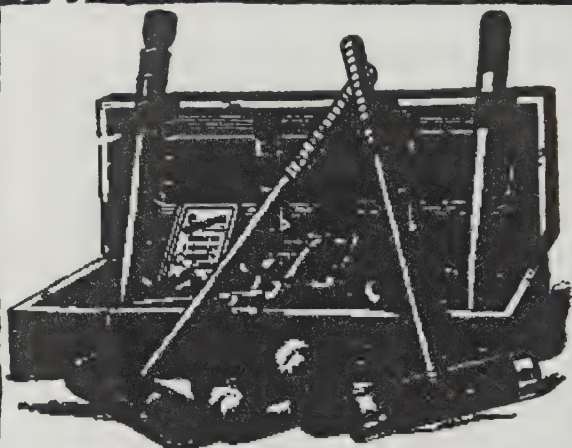
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SPALDING'S CROQUET SETS



No. 50 Croquet Set

Consisting of 4 mallets, 9-inch persimmon heads, leather cap on one end, plated bands, 24-inch hickory handles, threaded, head and handle extra fine finish; 4 balls, dogwood, nicely painted solid red, blue, white and black, and extra coat of varnish; 2 stakes, extra heavy head and foot stake, nicely painted red, blue, white and black, and extra coat of varnish; 10 wickets, extra heavy steel wire, nicely japanned white; 20 sockets for wickets, 1 copy rules.

No. 50. Complete, in box, \$12.00

No. 40 Croquet Set

4 mallets, 9-inch persimmon heads, 24-inch hickory handles, threaded to head, painted red, blue, white and black, and coat of varnish; 4 balls, dogwood, painted solid red, blue, white and black, and varnished; 2 stakes, extra heavy, painted red, blue, white and black and varnished; 10 wickets, extra heavy steel wire, japanned white; 20 sockets for wickets, 1 copy rules.

No. 40. Complete, in box, \$8.00

No. 20 Croquet Set

8 mallets, 8-inch maple heads, 24-inch ash handles, glued to head, nicely varnished; 8 balls, maple, painted solid red, blue, black, white, green, purple, yellow and brown, and varnished; 2 stakes, varnished; 10 wickets, japanned white; 20 sockets for wickets; 1 copy rules; 1 box, hinged cover.

No. 20. Complete, in box, \$6.00

No. 30 Croquet Set

4 mallets, 8-inch persimmon heads, 24-inch hickory handles, glued to head, nicely painted red, blue, white and black, and varnished; 4 maple balls, nicely painted solid red, blue, white and black, and varnished; 2 stakes, painted red, blue, white and black; 10 wickets, steel wire, japanned white; 20 sockets for wickets; 1 copy rules.

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No. 10 Croquet Set

4 mallets, 8-inch maple heads, 24-inch ash handles, glued to head, nicely varnished; 4 balls, maple, painted solid red, blue, white and black, and varnished; 2 stakes, varnished; 10 wickets, japanned white; 20 sockets for wickets; 1 copy rules.

No. 10. Complete, in box, \$4.00

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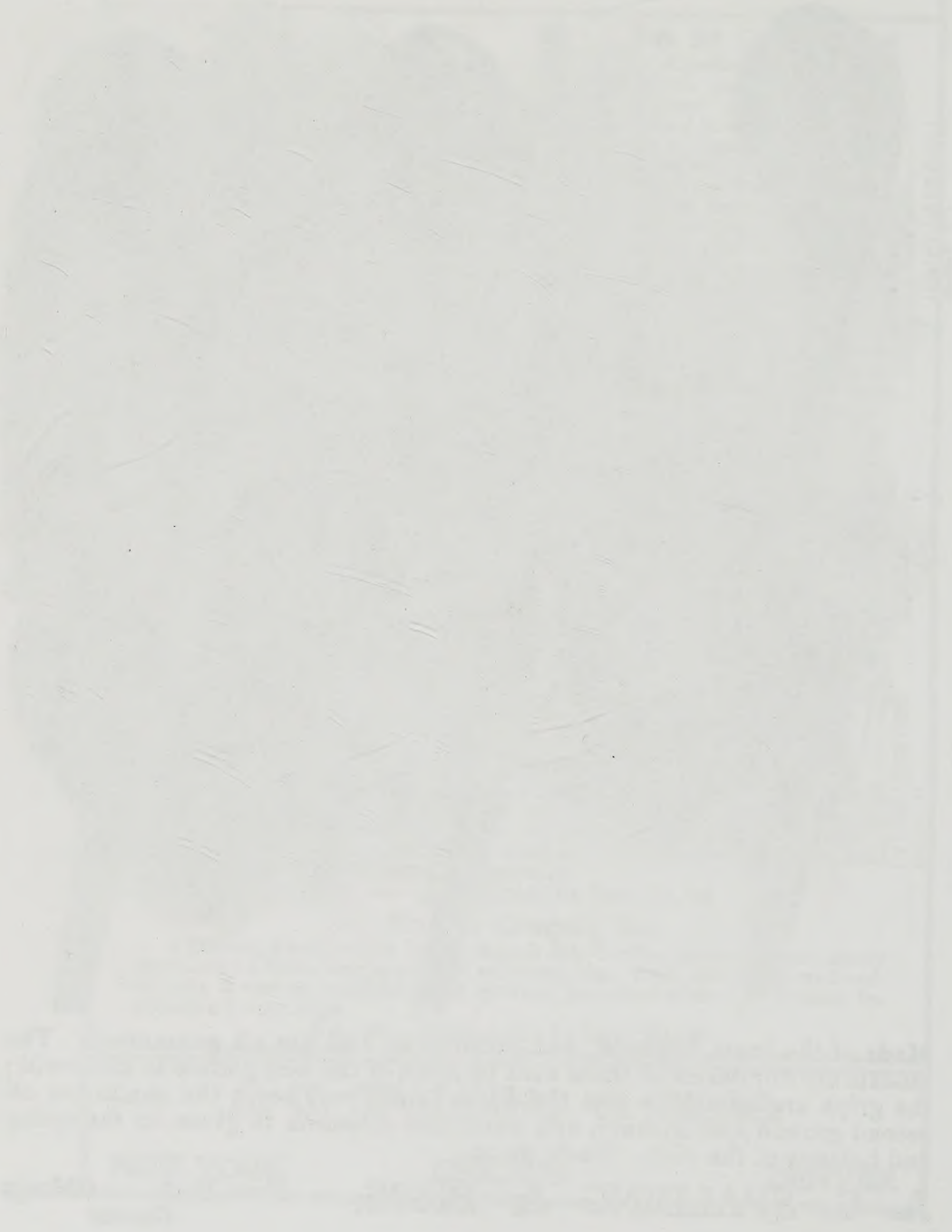
The Spalding Scared Drivers and Brassies



Made of the finest dogwood and persimmon, and are all guaranteed. The models are duplicates of those used by some of the best golfers in the world; the grips are horsehide and the finish is the very best; the shafts are all second growth split hickory, and particular attention is given to the spring and balance of the club. Each, \$2.00.

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